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May 1977

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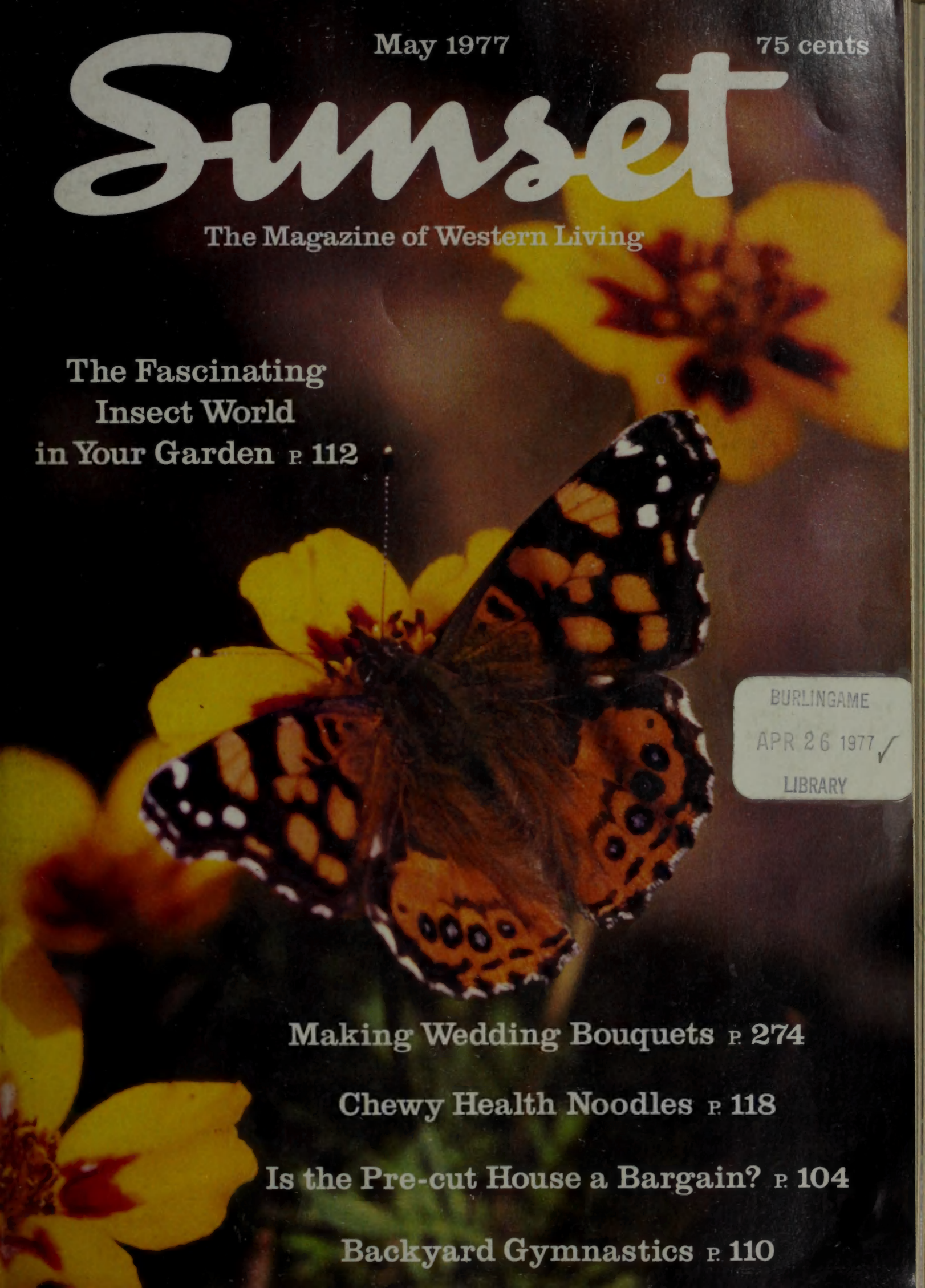
Sunset

The Magazine of Western Living



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Sunset • The Magazine of Western Living*
THE PACIFIC MONTHLY*

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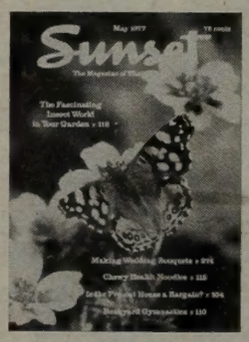

A young West Coast Lady—that's a kind of butterfly—on a marigold in Berkeley. The photograph was taken by James Carey through a 105-mm. lens with a bellows attachment, using Kodachrome film and available light. Other garden insects are shown in the article that starts on page 112

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The Queen's premier cruise from Los Angeles is going to be one incredible voyage

The Great Pacific & Orient Cruise: 62 days, 25,798 miles, 18 ports

On January 30, 1978, the Queen Elizabeth 2 will embark on her very first complete cruise from the West Coast. And it promises to have all the excitement and mystique of her maiden voyage back in 1969.

The Queen will call on the exotic Polynesian ports of Suva, Vavau and the Tahiti of Gauguin. She'll visit New Zealand, Australia, the Philippines, Hong Kong and negotiations are currently being held for a spectacular visit to Kwangchow (Canton) and Peking in the People's Republic of China.

Eighteen ports in all, eleven of which have never seen a ship the likes of The Queen before. Imagine the high-pitched excitement on those arrival days. Better still, plan to be there.

Sail The Queen from Los Angeles to the Pacific plus Asia on a cruise that includes 11 maiden arrivals.

A world of experience

The Queen Elizabeth 2 has already circled the globe twice and proven herself as the most successful long-cruise ship afloat. She's big enough, stable enough to take you all 25,798 miles without appearing the least bit ruffled. And she's roomy enough to offer 4 pools, 9 bars, 4 nightclubs, a 25,000-bottle wine cellar, and the largest staterooms afloat.

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Service on the QE2 is impeccably British. Beds turned down at night, shoes shined by morning. Everything in the 137-year Cunard tradition.

The cuisine is definitely Continental. With four restaurants exceeding the most rigorous standards of excellence. In fact, our two Grill Rooms are considered to be among the best restaurants in the world.

The entertainment will be of two vintages. Colorful entertainers from local ports of call. And internationally acclaimed headliners. All to enhance your cruising enjoyment.

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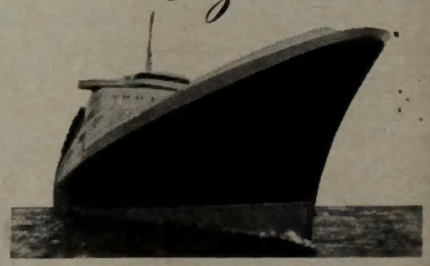
Join The Queen for all or part of her first cruise from Los Angeles. Return to Los Angeles or San Francisco. Full 62 days: $6,450 to $25,000 per person, double occupancy. See your travel agent or write Vaughn Rickard at Cunard, Dept. KK, 555 Fifth Avenue, New York, New York 10017.

Queen Elizabeth 2



Great Ships of British Registry since 1840

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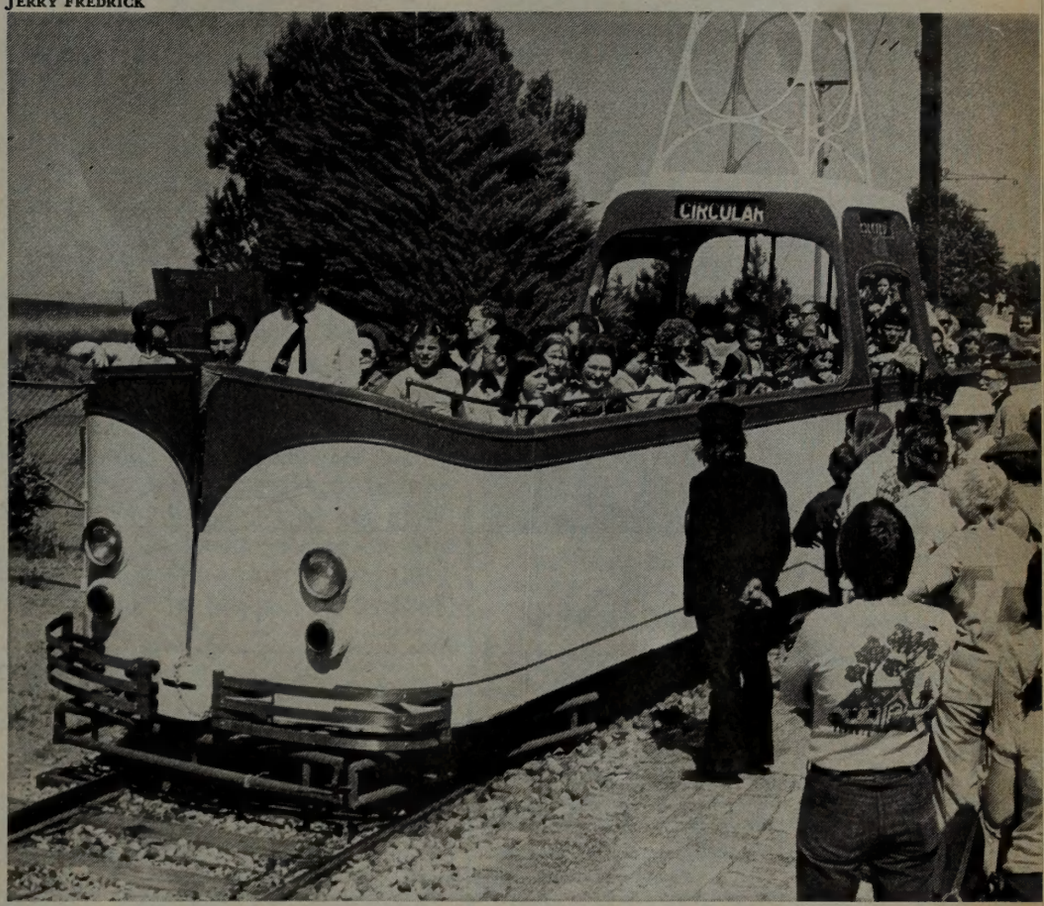
JERRY FREDRICK

ar 62 *of the Sacramento Northern is a ouble ender—it can be driven from both ends*



The Blackpool Boat—*an open ender brought to this country and restored—carried tourists to English seaside resort in the 1930s*

he iron monster rides again near Rio Vista

Iunicipal Railway Number 178, the iron ıonster that once rumbled along San rancisco thoroughfares, is now part of growing collection of restored trolley ıd railroad cars at the California Rail-ay Museum. This month the museum ıows off its shiniest cars and invites you ride them at its annual Spring Festival Iay 14 and 15.

ome 35 cars and engines will chug ound the nearly 3 miles of track on e museum's 25 acres. You can ride on many as you like or just picnic under e trees and listen to short commen-ries on the trolleys.

un by a nonprofit volunteer organiza-on, the railway museum was begun in 961 and now has over 75 cars and en-nes. About half have been meticu-usly restored, including a gleaming ack 1929 Shay logging engine, a Key stem car that once ran across the Bay idge, and the Blackpool Boat—a ship-aped car built in 1934 for resort use.

ou can prowl around the car barn and watch the face lifting in progress on other trolleys and railroad cars. The museum is open Saturday and Sunday from noon to 5, year-round. Admission is $1.75 for adults, $1 for children under 16. It's just west of Rio Vista, off State Highway 12 (about 50 miles northeast of San Francisco, 42 miles southwest of Sacramento).

A San Mateo art and history show

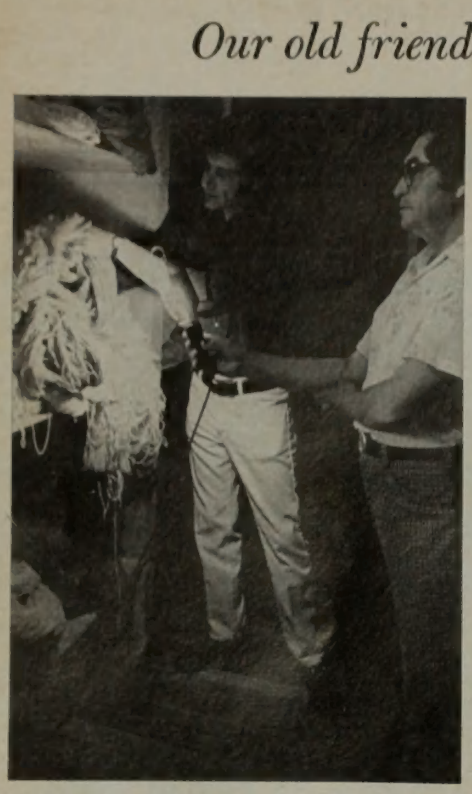
Galen Wolf was as much historian as artist, and from the early 1900s to the 1970s he painted the changing scenes around San Mateo County. This month the San Mateo Arts Council will show 100 of his works at four galleries, Wolf's first major showing.

Some of his subjects to be shown include landscape and architecture around Half Moon Bay, estates and mansions in San Mateo, the old coast railroad, and each of the California missions. Many of the pieces will be for sale.

Galleries and addresses are: Twin Pines

Train buffs *can buy or browse among rail museum's more than 400 books*

Our old friends in New Mexico



David Ortega *lights up his family's wool cellar for us—yarn down there doesn't dry out in New Mexico's heat*

Though New Mexico has only recently been included in *Sunset's* circulation territory, we've reported it for many years as a travel destination —including a major article on Santa Fe in the June 1970 issue.

So, for this month's feature on the still-alive Spanish American folk art of New Mexico (page 94), senior editor Larry Smith, at left, already had contacts there such as the Ortega family in Chimayó, whose weaving studio we first reported in December of 1967.

This time, after the Ortegas showed us around (including the wool cellar pictured here), they tried to overcome the shyness of their local contract weavers so we could photograph them at work in their homes. We struck out there, but other craftsmen were far less reticent and we were able to put together a 50-mile back-road tour to workshops that welcome visitors. It's mapped on page 99. □

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Cultural Center, 1219 Ralston Avenue Belmont; Octagon Gallery, Daly Cit Civic Center, 90th and Sullivan streets Daly City; Corridor Gallery, Count Government Center, 401 Marshal Street, Redwood City; and Sundanc Gallery, Hughes Airwest Headquarters 3125 Clearview Way, San Mateo. A four are open Monday through Frida from 9 to 5; the main gallery, in Bel mont, is also open Saturdays from 1 to 4.

Sunset's camp show on Sunday, May

This annual free show at *Sunset's* head quarters in Menlo Park will have som 140 exhibits of camping equipment food booths, and demonstrations includ ing mountain climbers using rappellin techniques on a 40-foot tower. Hours ar 10 to 5. It's best to come early to beat th crowds—23,000 attended last year.

This year there will be some specia parking help—five traffic directors an big signs listing parking lots. If the lot are full, look for parking along the side of Willow Road.

Sunset's headquarters are at the corne of Willow and Middlefield roads. Fron U.S. 101, take the Willow Road exi west to Middlefield.

Crewing artistry in Redwood City

Torture for the oarsmen and artistry fo the spectator—that's crew racing. Thi month a free three-day Pacific Eigh conference meet in Redwood City pro vides a fine chance to view the sport.

The 1¼-mile races will be run May 1 through 21 from 7 to noon; two eight man shells compete at a time, racin down the channels of the Redwoo Shores development on San Francisc Bay. You can watch from the grass banks or from a concrete bridge righ over the channel racecourse.

To reach Redwood Shores, take U.S 101 and exit at Ralston Avenue. Tur east onto Marine World Parkway an park at number 350.

Art, a rodeo, and Mexican culture at a Napa County fair

Students from all over Napa County wi offer the best of their art, wood an metal work, and other crafts in the an nual VIC-Expo at the fairgrounds Ma 20 through 22.

Over 900 students are expected to ent macramé, pottery, furniture, paintings— much of which will be for sale. On Sa urday, there's also a miniature hot-a ballooning contest (10 A.M.), socc tournament and barbecue (1 P.M.), an junior rodeo (7 P.M.). On Sunday there be a Mexican cultural show and stree theater throughout the day.

Fair hours are 6 to 10 P.M. on Frida noon to 10 on Saturday, and noon to on Sunday. Admission to the fairgroun

Sunset School & Camp Directory

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Children 16-18 lose pounds and inches while participating in scientific reducing program. Enjoy tennis, swimming, sauna, jacuzzi and yoga. Fun and **inexpensive.** Write Dr. Sorenson, 416 N. 1000E, Suite A, Orem, Utah 84057. Adult weight loss courses also available. Sunset travel directory, page 24, for more information.

STEVE W. MARLEY

Richmond - San Rafael Bridge *is hidden in morning mist as three bikers load their 10-speeds onto the Caltrans shuttle-service trailer*

is free: junior rodeo admission is $2, the barbecue is $2.50. The fairgrounds are at 575 Third Street in Napa.

New shuttle service for cyclists

On May 1, Caltrans is reviving a service it tried briefly last year: a minibus and trailer to ferry bikers and their vehicles across the Richmond - San Rafael Bridge. This can open up new bicycle touring possibilities in Marin County and the Berkeley Hills. The service will run on weekends and holidays only.

Marin bikers can wait for pickup at the west end of the bridge. The best approach is to follow Sir Francis Drake Boulevard east to San Quentin, then veer right, onto the bridge-approach ramp to the parking area pictured above. Scheduled departure times: hourly from 8:30 A.M. to 7:30 P.M.

East Bay bikers can pick up the shuttle bus in Richmond, on the corner of Castro Street and Standard Avenue at the last traffic light before Standard runs onto the bridge. Look for the Caltrans sign opposite a gas station. Departure times: hourly from 8 to 7. Heading either direction, the cost is 10 cents. To confirm times and for information on other pickup points, call (415) 232-9444. □

For travel planners, a May check list

Bicycle outings. Cycling enthusiasts can join varied summer outings along the quiet back roads of America—as short as an 8-day tour from Portland to Tillamook, Oregon, or as long as a 90-day trip from Astoria, Oregon, to Yorktown, Virginia. On one 49-day camping tour from Portland to Pueblo, Colorado, you'll cross several mountain ranges, visit national parks, sleep in your own tent, and have 8 days to sightsee on your own; the cost is $590. For details on all the outings, write to Bikecentennial, Box 8308, Missoula, Mont. 59807.

Tour Israel. Every other week there are departures from Los Angeles, Oakland, and Seattle for two-week stays in Israel. Tour prices, from $799, include transportation and hotels in Jerusalem and Tel Aviv. Other, more fully escorted excursions are priced from $1,199. For details, see your travel agent or write to Creative World Travel, One Market Plaza, Steuart Street Tower, Suite 2201, San Francisco 94105.

Outdoor British Columbia. Raft trips, backpack outings into the Canadian Rockies, and charter sailings along British Columbia's numerous fiords are just a few ways to see some of the province's varied scenic attractions. For example, one 13-day camping outing from Vancouver to Kamloops, Jasper, Banff, the Kootenays, and the Okanagan costs $468, including guide, transportation, camping gear, and food. For more information on this and other outings, write to Black Tusk, 107 E. Keith Rd., North Vancouver, B.C.

Swiss mule safaris. You can join seven-day outings in the Valais Alps of Switzerland between Grimentz and Haute Nendaz from now through October. You'll alternately walk and ride a mule to view alpine scenery and visit small villages. The $280 cost includes meals, accommodations, and the services of a muleteer-guide and hostess. For details, write to Welcome Swiss Tours, 7 Ave. Benjamin-Constant, 1003 Lausanne, Switzerland. □

What a travel agent can do for you: Provide information on tours; reserve space on air, rail, bus, and steamship lines; make hotel, ranch, and resort reservations; take care of trip planning, including side trips and special events. Travel agencies do not charge for arranging transportation or package tours, but do charge for "custom" tour service.

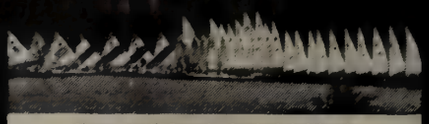
Sunset *School & Camp Directory*

Camps

GOLD-ARROW-CAMP

BOYS Ages 7-15, July 1-30 (full month only) Ages 7-12, Aug. 1-30 (full month or 2 wks)

GIRLS Ages 7-15, Aug. 1-30 (full month or two weeks)



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Sunset School & Camp Directory

Camps

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Sunset School & Camp Directory

Camps

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Camps

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Sunset School & Camp Directory

Camps

CLOVERLEAF RANCH SUMMER CAMP

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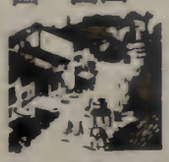

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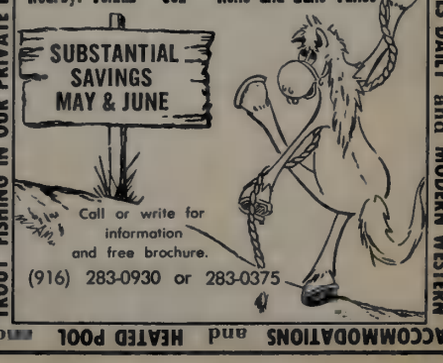

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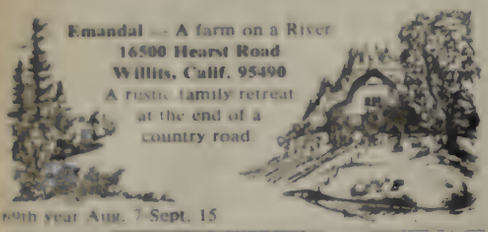

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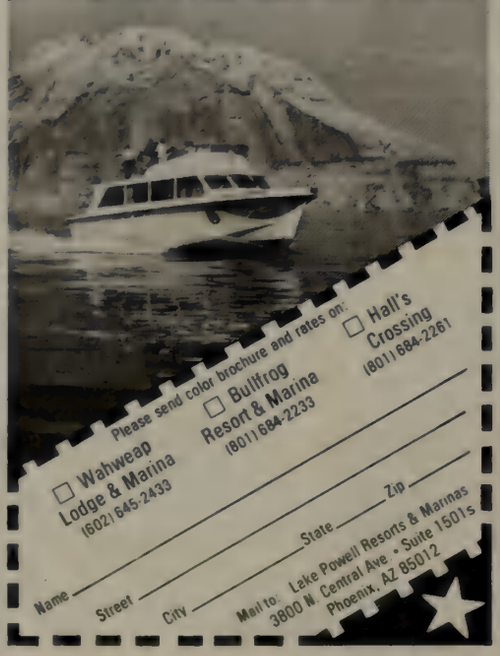

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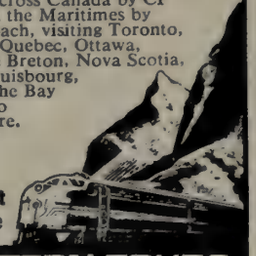

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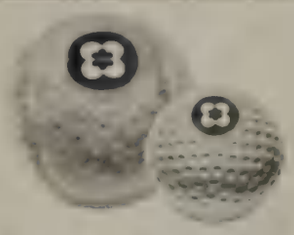

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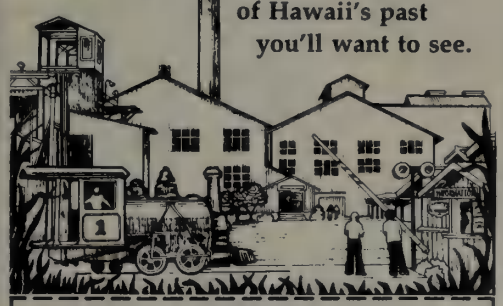

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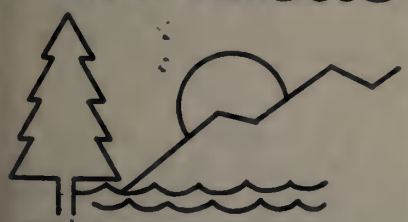

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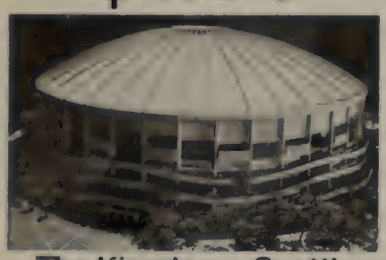

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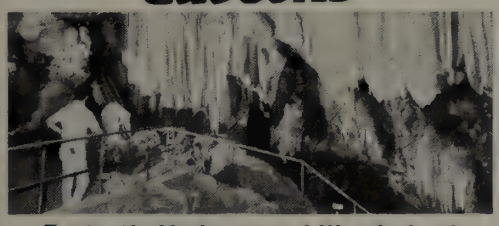

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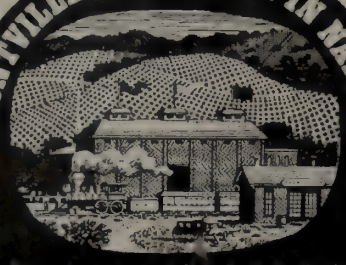

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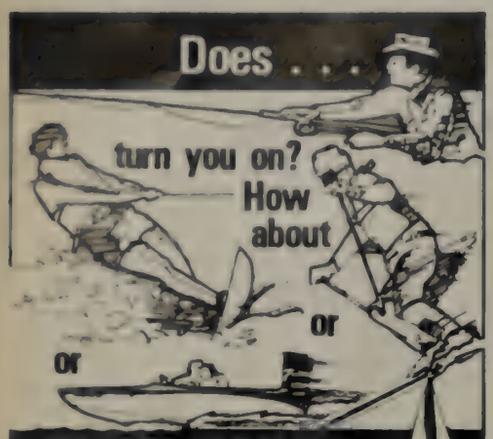

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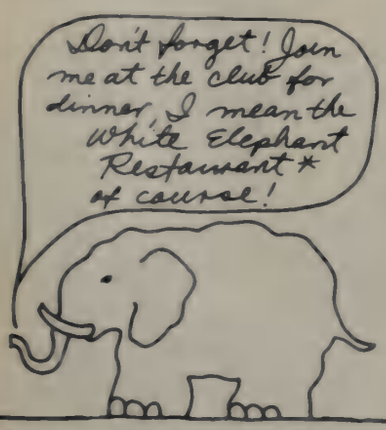

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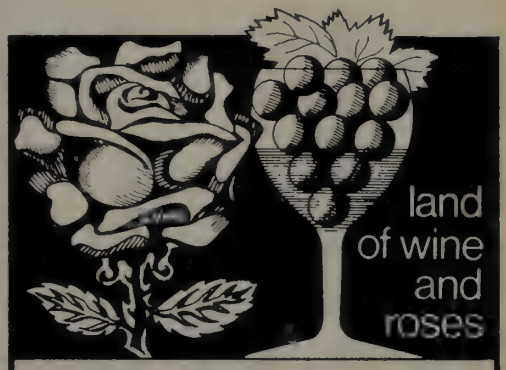

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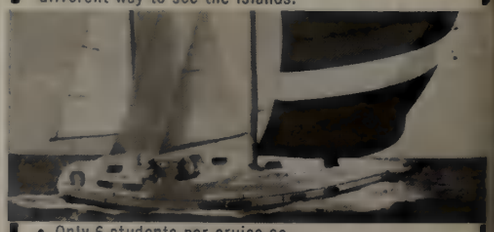

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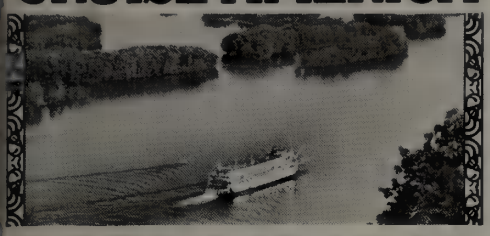

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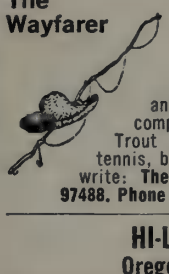

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TRAVEL DIRECTORY IS CONTINUED ON PAGE 35

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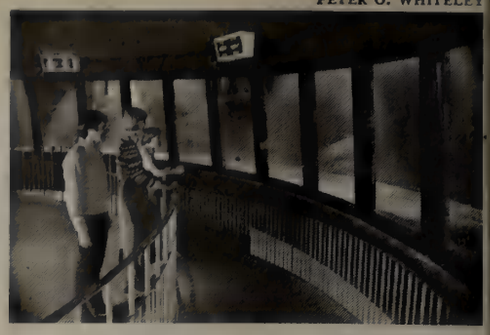

Doughnut-shaped *Fish Roundabout places viewers in the "hole"*

The fish will swim around you

When Steinhart Aquarium's unique Fish Roundabout opens on May 13, visitors will be in for a surprise: You don't walk around to look at the fish, they swim around you.

A new concept in aquarium design, the 100,000-gallon tank is actually a giant ring 10 feet wide, 8 feet deep, and 204 feet in circumference. You stand on a platform in the center, surrounded by schools of salmon, tuna, yellowtail, and man-sized sharks.

The Roundabout is the first aquarium of its kind in the United States (there are two similar rings in Japan). The design allows swimming room for pelagic (open-ocean) fish that cannot tolerate the confinement of traditional tanks.

Entering the Roundabout, you'll notice another new exhibit—a replica of a California coast tidepool. It's designed as a look-and-touch laboratory: When a docent is present you can meet first-hand with crabs, starfish, lobster, and flashy orange garibaldi. Murals explain ocean currents, food and life cycles, and how fish adapt to the pelagic world.

Steinhart Aquarium (in Golden Gate Park) is open 10 to 5 daily (9 to 9 from June 25 through September 5). Admission is 50 cents for adults, 25 cents for students aged 12 through 17, free for children under 12. □

Tidepool exhibit *is a tactile lab for youngsters examining starfish*

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You are welcome to stop by between 9 and 5 any day of the week. Someone will be on hand to answer your questions and show you around. There is a small photograph-display area and a library.

The center is in the Golden Gate National Recreation Area. To get there, leave U.S. Highway 101 just north of the Golden Gate Bridge on Alexander Avenue. Proceed through the one-way tunnel emerging on Bunker Road leading towards Rodeo Lagoon. Cross to the north side of the lagoon. The first road to the right leads to the center headquarters at the old Nike site. If you get lost, ask directions at the ranger station along Rodeo Lagoon. □

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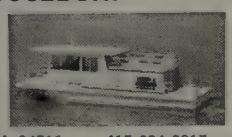

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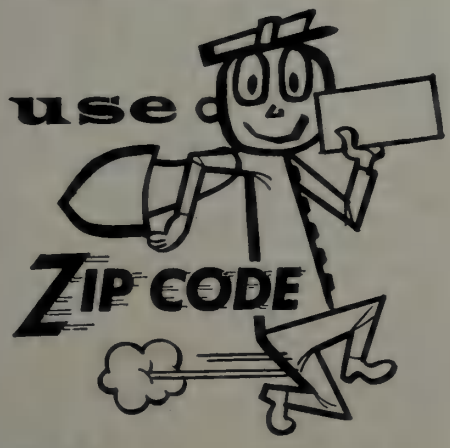

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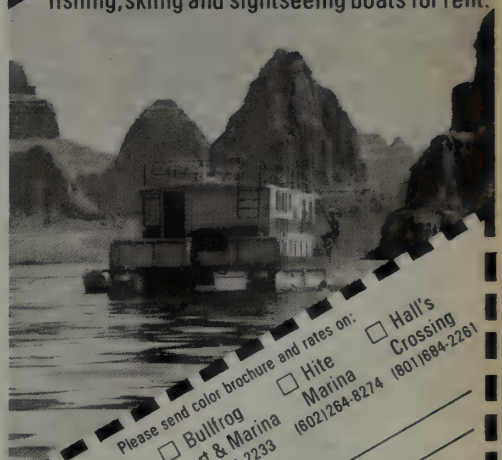

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TRAVEL DIRECTORY IS CONTINUED FROM PAGE 34

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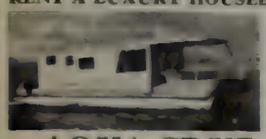

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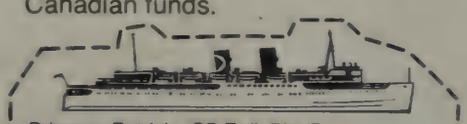

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This rare journey includes the Chinese bronzes in the Taiwan Museum, temples of Borobudur and Prambanam in Java, a [illegible] day cruise around Sumatra on the modern [illegible] *PRINSENDAM** stopping at Penang, Belawan and Nias. There [illegible] a few days in Hong Kong and, of course, a stay in that Paradise called Bali. Rates from $2595. Ask for a detailed itinerary.

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JERRY FREDRICK

In West Java, *women dancers take male roles. She portrays the warrior Gototkaca*

"Pacific Celebration" in Santa Cruz

Music and dance are as essential to the peoples of the South Pacific as food and water. They draw the community together and link performers to the gods.

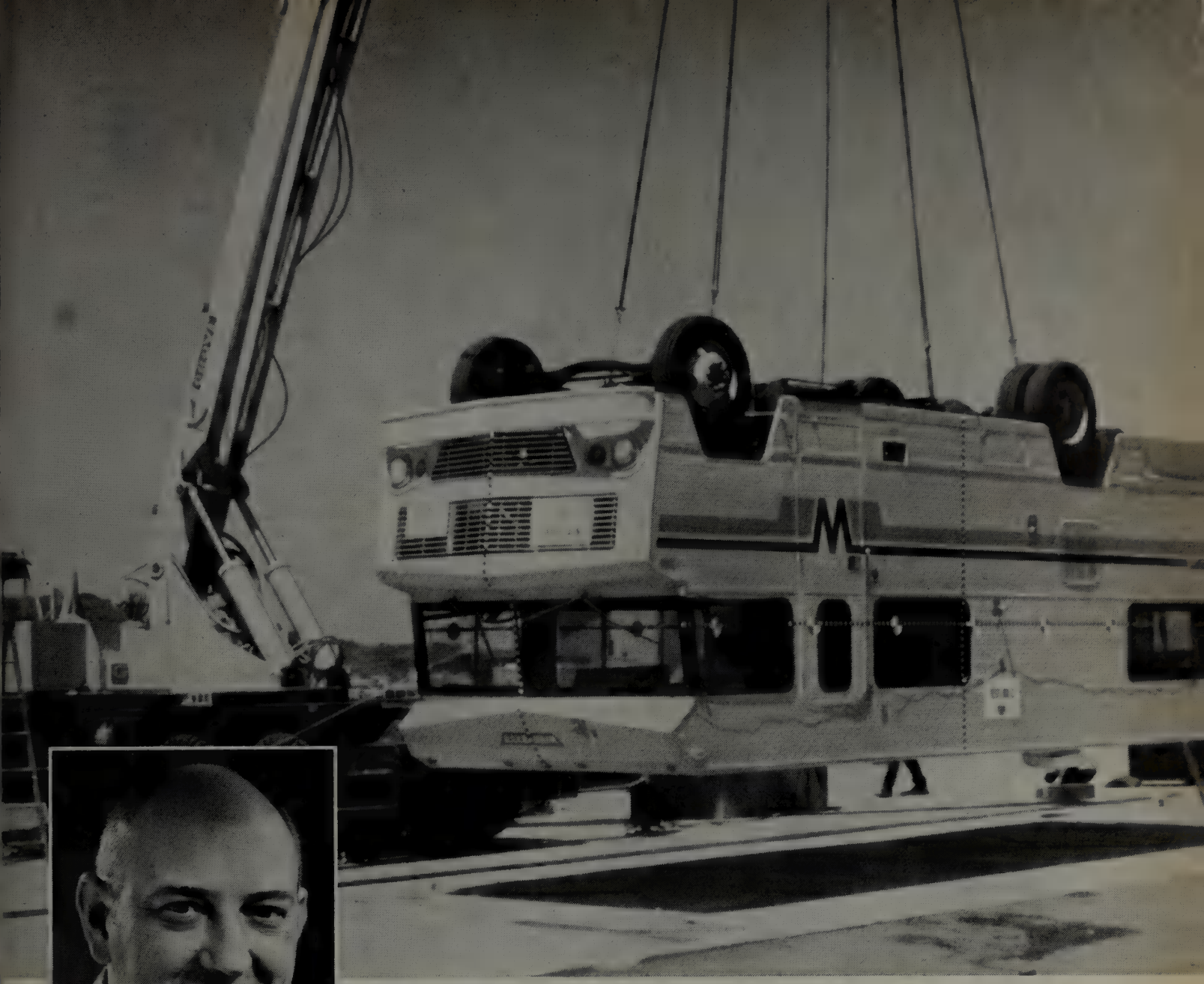
At the University of California at Santa Cruz, from May 18 to 21, you can sample this rich musical culture as the school's Music Department and its Center for South Pacific Studies hold the first annual "Pacific Celebration," a conference of performers and scholars. Daytime lectures and dinner recitals are limited to 250 conference registrants. But at evening concerts you can enjoy the performing arts of the Philippines, Indonesia, and the Pacific islands.

There's a striking mixture of motion and sound. Some Philippine music is Spanish accented. The rosewood and brass Indonesian *gamelan* ensemble is often accompanied by supple dancing that tells the stories of native folk heroes.

Each concert starts at 8 P.M. The May 18 concert will be devoted to the Philippines; May 19, Java; May 20, the Pacific islands; May 21, West Java. A free open rehearsal of Indonesian music will be held on May 16, from 7 to 10 P.M. Instruments and costumes will be displayed May 16 to 21 at McHenry Library and the Performing Arts Complex.

Cost for all four evening concerts is $10 ($7.50 for students); single concerts are $3.50 ($2.50 for students). For tickets and conference information, call (408) 429-2159 or (408) 429-2191.

Undang Sumarna *plays a kecapi—as popular in Indonesia as the guitar is in the United States. This one has been donated to UCSC by the Indonesian government*



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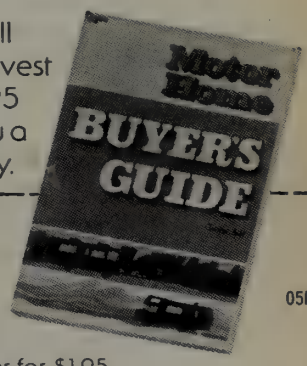

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There are a lot of reasons why you'll sleep better in a Winnebago.

In Russian River country, *Dry Creek Road offers a safe biking lane, fine views of vineyards*

JERRY FREDRICK

Roving bikers *find shade and a taste of house wine at Nervo Vineyard's vine-covered arbor*

Numbers show *food and winery stops along 18-mile loop from Healdsburg and on 12-mile (round trip) side excursion*

18-mile bike loop in the wine country. Only one hill

Bikers looking for a pleasant country ride should find much to enjoy on an 18-mile loop between Healdsburg and Geyserville in Sonoma County. The roads we suggest usually have little traffic, thin paved shoulders are off limits to automobiles most of the way, and there's only one substantial hill.

Vineyards that sell retail and have free tastings make interesting stops. They're indicated by numbers on our map and are open daily from 10 to 5. All will arrange 10 to 30-minute winery tours at your request when you arrive. Some also have outside picnic facilities.

Start biking in Healdsburg, where there is ample street parking for your car. Heading north on Healdsburg Avenue, you'll soon see *Simi Winery* (number 1 on the map) on your left, with picnic tables under redwoods. Continue on Healdsburg Avenue to the Alexander Valley Road intersection.

For a 12-mile round-trip extension from the loop route, bear to the right on Alexander Valley Road to reach *Johnson's Alexander Valley Winery* (2). The way is narrower than the loop roads, so keep well right. Follow it across the Russian River and onto Highway 128, heading toward Calistoga. The winery will be on your right. On Sunday afternoons from 1 to 5 (May 8, 15, 22), there are concerts on a two-manual, seven-rank theater pipe organ in Johnson's tasting room. Write to Johnson's, 8333 State Highway 128, Healdsburg, Calif. 95448, for future programs.

Back at the intersection of Healdsburg Avenue and Alexander Valley Road, continue north on Healdsburg (101 is on your left) to Lytton Springs Road, at the stop sign. Turn left, bike under 101, then immediately head right on an unnamed frontage road. At the next intersection and stop sign, turn left for a short side trip to *Souverain Vineyards* (3).

Back at the stop sign, bear left and continue back under 101. You're now on Geyserville Avenue, and *Trentadue Winery* (4) is on your right. Farther north along Geyserville Avenue is *Nervo Vineyard* (5), open Wednesday through Sunday. Nervo has picnic tables, as pictured at left.

Still going north on Geyserville Avenue, loop left, then right, under 101 and bike through Geyserville. North of the town and on your right is *Hoffman House* (6), an informal restaurant. Ask here for directions to the Margot Doss Trail, a short walk through vineyards to the Russian River.

Back at Geyserville Avenue, biking north, turn left at the stop sign onto Canyon Road and cross under 101. On your right is the access road to *Geyser Peak Winery* (7), which also has a gift shop. Canyon Road has the only steep grade of the route (8 percent), but even bikers on three-speeds can usually pump their way uphill. Over the grade's peak is *Pedroncelli Winery* (8).

At the end of Canyon Road, turn left onto Dry Creek Road and proceed south. Opposite a small grocery store on your left is *Dry Creek* (9), the last winery on your tour. It has a picnic area. Follow Dry Creek Road back to Healdsburg Avenue and your starting point.

To snack or buy takeout food, there's the Plaza Deli in Healdsburg (eat in their coffee shop or in the shaded town square) and Hoffman House in Geyserville, which has tables indoors and out in the garden.

There are no bike rentals near the loop route, so take your own. In the August 1975 *Sunset* you'll find more information on the wineries mentioned here and others along the Russian River. If you like a particular wine you taste while biking, ask the winery for a list of distributors in your area. You can also pay for United Parcel home delivery within California for at least a case (wineries usually pay delivery cost for three cases or more); or return with your car after biking. □

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Germany. You'll find a whole lot more than you think.

JERRY FREDRICK

Native azaleas *grow high above your head in Azalea State Reserve*

Luxuriance above the Mad River

Almost any time of year that you're driving along the northern California coast near Eureka, it's worth your while to take the short detour to the Azalea State Reserve. But the park is especially rewarding from now to early July, when the strong, sweet fragrance of pink and orange azalea blossoms fills the air, and ceanothus, other native shrubs, and wildflowers may also be in bloom.

While the native Western azalea (*Rhododendron occidentalis*) is widely distributed up and down the state, it seldom grows more luxuriantly than on these headlands above the Mad River just north of Arcata, where the state park system maintains the 30-acre reserve on land it acquired in 1943.

Picnic tables and pit toilets are near the parking area. From here you can take a self-guided nature walk on either or both of two loop trails. At the start of the west trail you can pick up a free pamphlet identifying and describing 27 plants that are marked by number along the way.

To get to the reserve from U.S. Highway 101, turn onto State 200 about 3 miles north of Arcata; head east about a mile and watch for a sign. □

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A few strides *from the picnic area at Capilano Canyon Park, a log bridge crosses the chasm, leading to evergreen-shaded trails*

Satiny rush *of water sluices down the narrow spillway of Cleveland Dam*

DON NORMARK

Pay the toll *and you can walk across this jiggling, swaying, steel-cable suspension bridge 230 feet above the Capilano River*

For adventurous children and adventurous former children who get to Vancouver, B.C.

The suspension bridge sways as you venture onto it. Children run by, shouting with glee at every step. The timid cling to the side cables. You pause, look down to the rolling stream 230 feet below, then walk back to the totem poles and the souvenir shop at the entrance station.

To many visitors to British Columbia, that's all there is to Capilano Canyon.

But just upstream there's a big free park with wooded trails, log bridges, fishing spots and fish ladders, a spectacular dam and falls, and, beyond that, an immense alpine lake. On a sunny day, upper Capilano Canyon is a memorable place to

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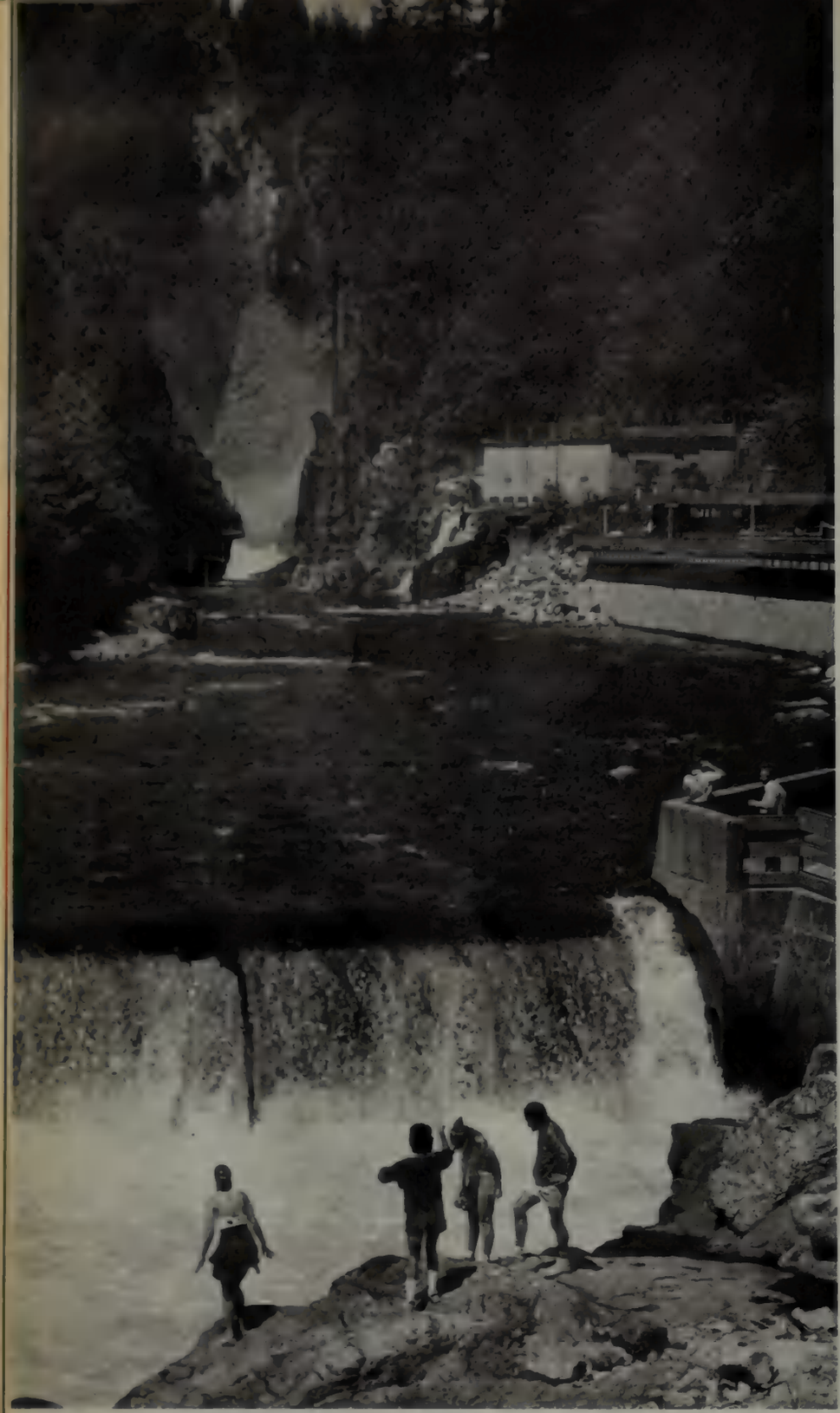

That gray mist *in the distance is the overflow from Cleveland Dam, unseen around the rocky defile. The interpretive center and fish ladders are to the right of the shallow lake above the spillway in the foreground*

Typical hook-nose *deformation shows this humpback (pink) salmon is ready for spawning; suspended on translucent plexiglass, it's part of display at interpretive center*

spend a few adventuresome hours.

Getting there is easy. From downtown Vancouver, drive north through Stanley Park and across Lions Gate Bridge. Bear right onto the North Vancouver/Marine Drive exit; turn left up Capilano Road at the first traffic light. The suspension bridge is a mile ahead, the public park ½ mile farther, Capilano Lake another mile up the road.

If you're going by bus, catch the No. 80 Lonsdale bus on the north side of Georgia at Granville in downtown Vancouver (35 cents; ask for a transfer). Get off at 15th and Lonsdale and transfer to a No. 89 Queens bus. Ask to be let off at Cleveland Dam; then walk downhill to the other points of interest.

Capilano Suspension Bridge, a privately owned attraction, is open daily from 8 A.M. until dark. Admission is a somewhat costly $2.50 for adults, 75 cents and $1.50 for children. The 450-foot-long bridge is the current version of a crossing first built about 1899.

Just outside the entry is a cozy restaurant called The Hobbit. (Other places to eat nearby are the large, dark-paneled Canyon Gardens about three blocks down the road and Capilano Heights opposite Cleveland Dam.)

Capilano Canyon Park, ½ mile up the road, has ample parking by the river's edge. Vivid displays at an interpretive center tell of the wildlife and history of the canyon. The gratings you'll see underfoot cover holding tanks where salmon heading upstream to spawn are temporarily kept before being trucked to Capilano Lake to complete their journey.

Steps away from the interpretive center, a main trail takes you past the log bridge pictured on page 40 and downstream along the river, past overlooks and points of access to the streambed, to a second bridge. You'll see fly fishermen (they're after steelhead; for nonresidents, the license costs $6) and maybe kayakers and the odd soul floating downstream in a wet suit (an activity frowned on but not proscribed).

By crossing at the second bridge and turning right, you can complete a 1¼-mile loop walk back to your car.

Picnickers will find any number of grassy spots for a restful snack and a stretch. Remember that it can be cool in the shade of the giant cedars and firs; bring along a warm sweater.

Cleveland Dam. As you walk the trails, you may hear the roar of water cascading down the Cleveland Dam spillway; but the usual overflow may be diminished this year by the atypically dry winter that Vancouver has experienced.

To reach the dam, head back to Capilano Road and turn uphill; in less than a mile you'll see signs to a parking area. Again there's ample grass for picnicking or frisbee-tossing. You can walk across the dam for a dizzying view right down the spillway at the lake water chuting 300 feet to the canyon floor; or turn and look the other way across placid Capilano Lake to see the landmark peaks called The Lions.

There's no lake recreation; this lake is Vancouver's water supply. □

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BILL ROSS

Like melting *wedding cake, crumbling cliffs hem in hikers heading up sandy wash*

Leg stretching in Nightmare Gulch

The easy hike to Nightmare Gulch out of Red Rock Canyon State Recreation Area offers a good chance to unbend your legs just before or after driving the long stretch of U.S. Highway 395 east of the Sierra. About 125 miles north of Los Angeles, you'll be walking up a narrow, twisting canyon beneath the same richly hued cliffs picture above.

Red Rock's soft, deeply rutted and fissured rock formations, only a couple of miles from 395's feeder route, State 14,

Colonnade formations *at Red Cliffs area stand out from deeply eroded cliff face*

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BILL ROSS

Overhangs *in gulch walls are created by swift water sweeping around bends*

are what remain of deep sediment laid down during Pliocene times, perhaps 10 million years ago. There was a brief gold rush in the 1890s, and the area still attracts rockhounds and paleontologists—but most of it is thoroughly picked over. (Collecting is not allowed in the recreation area.)

Before any exploring, pick up a map at Ricardo Ranger Station near Red Cliffs campground. To get there, take Abbott Drive from State 14 just north of the scenic Red Cliffs parking. (The campground has 50 unreserved primitive sites, drinking water, and toilets.)

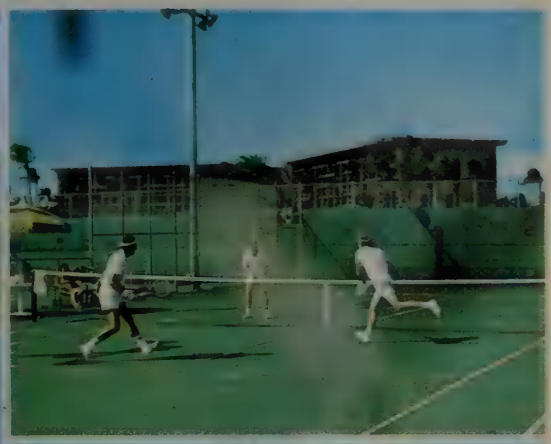
From the ranger station, backtrack to the Red Cliffs parking area and drive south on a primitive road next to the east shoulder of State 14 just a few hundred yards to a highway bridge. Continue east across a wash and out of the recreation area confines. In all but very low-slung vehicles, and depending on recent rainfall, you should be able to navigate a mile up to an open-pit bentonite mine scar. Park near the concrete trailer slab here, or continue on if you have four-wheel drive.

Hike northeast along the sandy wash—you're in a wide valley with towering red cliffs. Bear to the right through low, tufa-covered hills, and follow the main wash into Nightmare Gulch. Here the canyon narrows to 10 feet, less in some spots, and surrounding cliffs are smaller—50 to 150 feet.

Walking ¼ mile into the gulch from the old mine, pausing for a picnic (take plenty of liquids), and backtracking to your car should take under 3 hours. Be prepared for hot weather from late spring into fall. □

A touch of Hyatt in Hawaii.

INCREDIBLY ENOUGH, THIS IS JUST AN HOUR'S DRIVE FROM WAIKIKI.



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An invitation from an experienced traveler.

I'm a seagull. And when it comes to traveling, I really get around.

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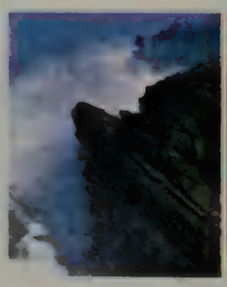
Anywhere.

It's a magnificent playground that stretches 450 miles down the edge of Oregon. Where you can let down your hair, shuck off your shoes and come back to life.

Go beachcombing. Fight a salmon. Sample some saltwater taffy. Fly a kite. Fling a frisbee. Go bodysurfing. See a starfish. Snoop through hundreds of curio shops. Lollygag. Ride an elevator down inside a sea lion's grotto. Watch the Devil's Punch Bowl spit high in the sky. Look for whales.

Naturally, I also recommend bird watching. And after all that activity I also recommend something good to eat.



R.S.V.P.

For more information, we invite you to see your travel agent or mail us the coupon.

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Thanks for the invitation. Please send information about things to do in Oregon.

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Consider yourself invited.

Ahh, food. One of my favorite subjects.

Listen, the Oregon Coast is a seafood lover's paradise. I happen to prefer the succulent Oregon crab and fresh-caught salmon.

You might be a bigger fan of our charbroiled steaks and hamburgers.

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What you won't find is what you're not looking for.

Crowds.

You'll meet a lot of friendly people, though.

Especially when it's time to check in for the night. We have hundreds of places to stay—ranging from tiny little beach cottages to fabulous ocean resorts, complete with golf courses, tennis courts and nightclubs.

Just remember this. You're welcome in Oregon.

So come.

Come make friends with the birds of Paradise.

PAUL SCHMOLKE

Lizard *painted in 10-inch bowl is part of exhibit now showing in two states*

Pot shows in New Mexico, Colorado

For eight generations (1050 to 1200 A.D.) some of the Southwest's most sophisticated prehistoric artists worked and lived in small communities along the Mimbres River Valley of southwestern New Mexico.

On their "canvases"—clay *ollas* (pots) and bowls—they painted complex geometric designs. They also developed much finer, more varied representational images on pottery than any other prehistoric Southwest people. Subjects include animals (rabbits, mountain sheep, fish, deer), imaginary creatures, and human forms, often telling a story.

Pots were decorated with a white slip on which designs in black or iron-based rust paints were added before firing.

A major exhibition of Mimbreño pottery attempts to interpret these designs. Called "Myth, Metaphor & Mimbreño Art," it's going on concurrently in Albuquerque at the Maxwell Museum of Anthropology on the University of New Mexico campus, and in Colorado at the Taylor Museum of the Colorado Springs Fine Arts Center.

Each location displays 200 pots. Through June 1, the Maxwell features pots with geometric designs while the Taylor displays pottery with representational images. The museums will switch displays, then continue the exhibition June 25 through September. For an illustrated catalog, send $5.50 to the Maxwell Museum of Anthropology, University of New Mexico, Albuquerque 87131.

Admission at both museums is free. The Maxwell is open weekdays 9 to 5; Saturdays 10 to 4; Sundays 1 to 5. The Taylor is open Tuesdays and Thursdays 10 to 9; Wednesdays, Fridays, Saturdays 10 to 5; Sundays 1 to 5. □

The Empress. She's always loved the sea. And company.

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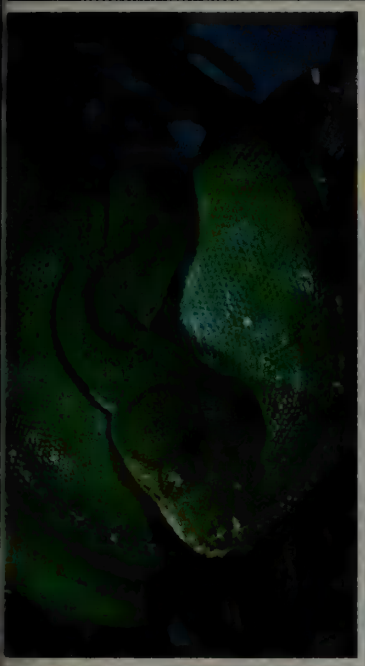

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Children (4-12)	$2.75	$3.75
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Name

City State

Offer good through Dec. 31, 1977

Not good in conjunction with any other Sea World discount

A135 Present this Atlantic Richfield coupon at C235

San Diego Zoo Save 15%

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City State

Offer good through Dec. 31, 1977

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Renting a sailboat in Seattle . . . by the hour or day

DON NORMARK
These sailors rented *their Norwegian-built sloop to cruise on Seattle's Lake Union. Here they're heading under Aurora Bridge*

For many visitors, the highlight of a trip to Seattle is a chance to enjoy some of the city's abundant waterways. Almost 80 miles of fresh and salt-water shoreline bound hundreds of square miles of good boating water on Puget Sound, Lake Union, Lake Washington, and Green Lake.

One way for visitors to enjoy all this is to rent a sailboat and join the resident sailors. The three Seattle companies listed here rent out a variety of sailboats from 12 to 22 feet long. Two of them also offer lessons, and two offer bigger-boat charters for weekend cruises out on Puget Sound.

Kelly's Landing, 1401 N.E. Boat St.; (206) 634-3470. On Portage Bay near the northeast corner of Lake Union at the foot of University Way. Choose from 12-foot Sailfish through 21-foot San Juan sloops with motors for longer cruises either on nearby Lake Washington or, by prior arrangement, on Puget Sound. Hourly rates are $3 to $7; daily they're $15 to $35. Summer hours are 9 to 9 daily, June through September; this month's hours are 10 to sunset on weekends and sunny weekdays. No lessons.

Sailboats Unlimited, Inc., 130 Lakeside Ave.; (206) 324-2700. On Lake Washington a mile north of Interstate Highway 90. There are 12-foot Widgeons through 22-foot Catalina sloops for cruises on Puget Sound. Hourly rates are $4 to $8 (4-hour rates are $13 to $29); bigger boats go for $42 and up per day. Lessons, available by appointment only, cost $15 an hour for individuals, $8 per person for families or groups. Open Wednesday through Monday from 10:30 to 5; closed Tuesdays.

The Old Boathouse, 2770 Westlake Avenue N.; (206) 283-9166. Situated among flower-decked houseboats beneath Aurora Bridge on "lower" Westlake Avenue N., on the northwest corner of Lake Union. You can rent from a venerable collection of wooden-hulled sailboats ranging from 12-foot Cape Cod catboats to 18-foot Norwegian-built lapstrake sloops. Brush-up and basic lessons are available for $10 an hour. Hourly sailing rates are $3 to $4.75. Open daily from 8:30 until dark. □

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The system automatically compensates for weather conditions, engine load and altitude—and meters precisely the right amount of fuel to the engine at precisely the right instant.

The engine to which the CIS fuel-injection system is wedded is the famous 6-cylinder Mercedes-Benz double-overhead camshaft power plant. The double-overhead camshaft configuration provides smoother engine operation at all speeds and eliminates the need for pushrods and lifters.

The new 280SE: Subtle dimensions in a 6-cylinder sedan.

Suspense-free suspension

The advanced front suspension system of the 280SE derives from the famous C-111 high-speed research vehicle. It has many advantages: Extremely precise steering control with instant response, almost no tilting of the car in cornering and braking, straight-line control under heavy braking and rough road conditions, and better road-holding ability under all conditions.

Matched to the remarkable fully independent front suspension is a fully independent rear suspension that does its share in creating the 280SE's incomparable roadability. It helps eliminate the suspense you may have experienced in rigid-axle cars.

The 280SE Sedan maneuvers full left to full right in just 2.7 turns of the steering wheel. Its precisely engineered power-assisted linkage, coupled with a zero-offset steering mechanism, ensures the 280SE's driver of exquisite maneuverability and tautly controlled handling in any road situation.

Mercedes-Benz pioneered the use of dual-circuit power disc brakes on *all* four wheels, starting in 1968. In the 280SE Sedan, the front disc brakes are internally ventilated.

Trunk—18.2 cubic feet of usable space.

The look of a leader

As with all Mercedes-Benz cars, both exterior and interior of the new 280SE have a distinctive elegance that bespeaks leadership. The elegance derives naturally out of the car's engineering; it is not imposed.

Everything fundamental to your safety and comfort is standard with the 280SE; Mercedes-Benz has never viewed these most important factors as "optional extras." That is because Mercedes-Benz engineers create only cars that are totally integrated engineering designs—from their power plants to suspension and steering to dashboard instruments.

Arrange a drive soon with an authorized Mercedes-Benz Dealer. It may, we suggest, spoil you for any other luxury sedan.

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But don't take our word for it. Make your own tour comparisons. To help you do just that, JAL has published its 1977 Orient Tour Buying Guide, which not only translates travelese into English but also enables you to make item-by-item comparisons of several tours.

The view from Hong Kong's Victoria Peak is a many-splendored thing.

For more information about JAL Happi Holidays, see your travel agent or call Japan Air Lines. And to get the most Orient for your money, ask for your free copy of JAL's 1977 Orient Tour Buying Guide.

The most Orient for your vacation dollar...

Watch out for the merlion—part mermaid, part lion—as you explore Singapore harbor.

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*Prices based on double occupancy and G.I.T. Economy air fare from West Coast, and subject to change. Additional charge for June-Oct. peak season.

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BILL ROSS

1909 Cadillac *rolls onto the auction block at Movieworld in Buena Park. Auction this year is May 14 and 15*

Old cars to see (and maybe buy) . . . seven places in Southern California

The variety of classic car museums, auctions, and *concours* in Southern California is unequaled elsewhere in the West. This month 400 cars go on the auction block in Buena Park, and the annual Le Cercle Concours d'Elegance will be held at the Ambassador Hotel in Los Angeles. In addition, four museums and two large-scale showrooms continue to expand their collections of classic, custom, and racing automobiles.

Here's how to see—and maybe buy—some great automobiles this month in Sylmar, Los Angeles, Santa Monica, Buena Park, Costa Mesa, and San Diego.

Sylmar. Perhaps the least known of the vintage-car collections, but one of the world's finest in its interest area, is in the San Fernando Valley at the Merle Norman Tower of Beauty. More than 20 perfectly restored cars are on the lower levels of the Tower, a structure built just to house car, orchestrion, hood ornament, and music box collections. To tour, you'll have to plan ahead; telephone (213) 367-1085. The Tower is at 15180 Bledsoe Street off San Fernando Road. There's no admission charge.

Los Angeles. Le Cercle Concours d'Elegance will take place at the Ambassador Hotel, 3400 Wilshire Boulevard, on May 15 from 10 to 4. It's a charity event, with celebrities and stage events in addition to 100 fine motorcars competing for

Huge well-lit warehouse *holds the Briggs Cunningham collection of well-restored classic and racing cars in Costa Mesa*

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DARROW M. WATT

They're admiring *a sporty 1934 Packard convertible at Automotive Classics in Santa Monica. In back: a 1936 Ford, several other roadsters. This is a museum with a twist: All the cars are for sale*

best of class and best of show. Admission: $3 for adults, $1.50 for children.

Elsewhere in town, five restored automobiles were recently added to the antique car exhibit at the County Museum of Natural History in Exposition Park. This brings to 20 the number of cars displayed in the museum's new wing. The museum, at 900 Exposition Boulevard, is open 10 to 5, Tuesday through Sunday. Admission is free.

Santa Monica. The West's largest dealer in classic and specialty cars is Automotive Classics, 209 Colorado Avenue. A look inside this fascinating place, an old Spanish-style showroom now devoted to classic cars ranging in price from $1,000 to $65,000, costs $1. It's open 10 to 5 every day.

Buena Park. Movieworld Cars of the Stars is a shrine to the movies and television. On Saturday and Sunday, May 14 and 15, between 300 and 400 classic and special-interest cars will be auctioned in an adjacent warehouse. It's a celebrity-charity auction starting at 10 A.M. each day. Watching the auction itself is interesting and you can also wander about the warehouse. At press time, auction admission was $3 for adults, $2 for children under 16. Admission to the museum is separate: $2.75 for adults, $1.25 for children ages 5 to 12. Hours are 10 to 9 every day.

Costa Mesa. The Briggs Cunningham Automotive Museum is one of the finest in the world, focusing on over 80 cars that were industry leaders in regards to performance (many race cars), esthetics (five Bugattis), and technical features. It's at 250 E. Baker Street next to the Newport Freeway and is open 9 to 5 Wednesday through Sunday. Admission: $2.50 for adults, $1.50 for students, 50 cents for children 5 to 12.

San Diego. Francis Family Vintage Vehicles, on the fourth floor of a restored brick warehouse, usually has 30 or more cars for sale on display. On the first three floors and mezzanine of the building are antique and specialty shops. It's located at 310 Fifth Avenue (at K Street). Hours are 10 to 5 Tuesday through Thursday, 10 to 8 Friday and Saturday, 12 to 5 Sunday. There is no admission charge. □

NORMAN A. PLATE

Handsome setting *for fine old cars: Francis Family Antiques building in San Diego has classic cars for sale on fourth floor. Front and center are two jet black, old-time Buicks*

All his life he's been a tough competitor.
To him, second best isn't good enough.
But his happiest moment came last week
when his 11-year-old daughter beat him at chess.
He's a special kind of man.

A diamond is for him.

To give him an idea of diamond value, the piece shown is available for about $240. Your jeweler can show you other fine diamond jewelry starting at about $200. De Beers Consolidated Mines, Ltd.

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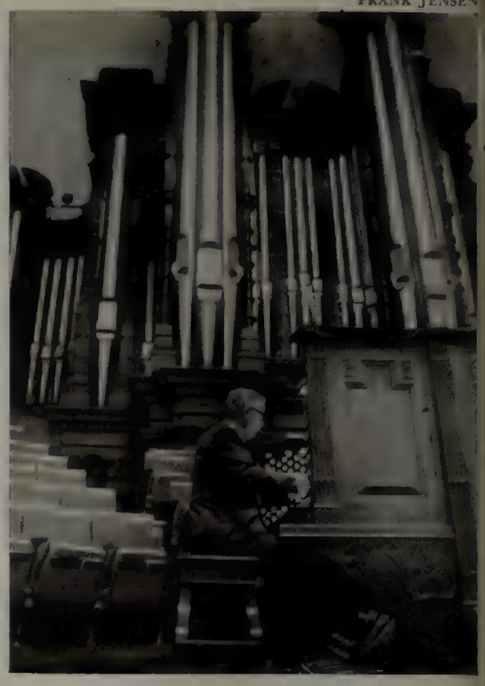

Noon recital *at the Tabernacle: Roy M. Darley plays Bach's Fantasia in G Minor on 11,000-pipe organ*

Daily concerts in Salt Lake City

"Make a joyful noise unto the Lord," command the Psalms, and the Mormons have happily kept the commandment. Numerous rehearsals and recitals offer Salt Lake City visitors a chance to enjoy music as spectacular as its setting: the Mormon Tabernacle in Temple Square.

Inside looms a century-old organ with pipes bearing carved faces that beam beatifically down upon the congregation. When we asked Dr. Alexander Schreiner (dean of Tabernacle organists) how many pipes the organ held, he countered with: "How many spoons do you have in your cupboard?" But he eventually allowed that there are about 11,000.

You can hear them in 20-minute recitals at noon Monday through Saturday and at 4 P.M. on Sunday. From June 1 through September 30, recitals will also be held at 7:30 P.M. Monday through Saturday; doors open 10 minutes early.

The Mormon Youth Orchestra and Choir (430 musicians aged 18 to 30) rehearses on Saturday. The orchestra begins work at 8 A.M., then is joined by the choir at 10. The choir rehearses alone from 11 to 12:30.

Of course the most famous of Tabernacle performers is the 375-voice Mormon Tabernacle Choir. On Sunday morning, 35-minute performances start at 9:25; for good seats try to arrive soon after the doors open at 8 (they close at 9:15). Late-risers can hear the choir Thursday evening from 7:30 to 9:30. □

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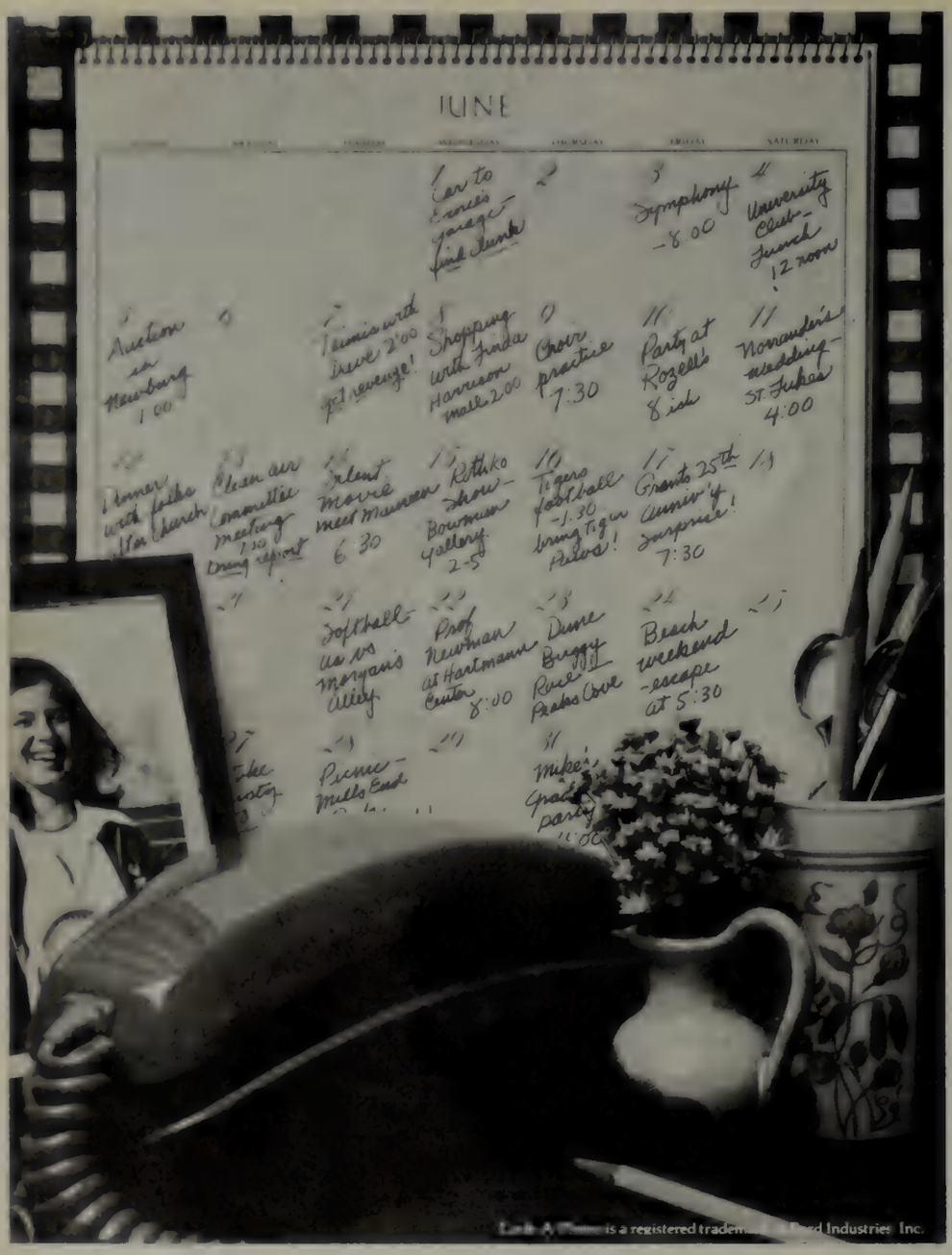

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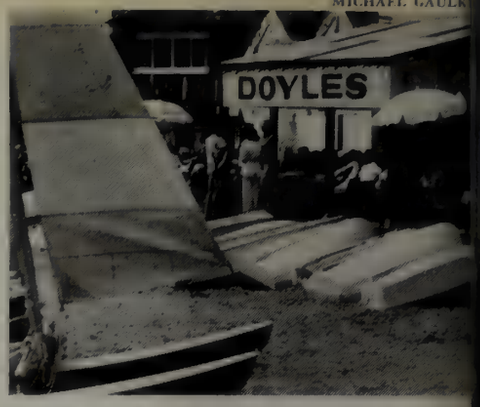
MICHAEL GAULKE



By sailboat *is one way to reach Doyle's seafood restaurant in Sydney, but most people arrive by car*

Delicious fish in Australia

Discovering the fish and shellfish is on good way to eat well in Australia. You' probably be surprised at the variety c local specialties.

In Sydney, a good place to start Doyle's, an old (1885) beach-fror restaurant that goes undiscovered b many American visitors. Unpretentiou and not very expensive, it is at Watson' Bay, a 20-minute drive from downtow Sydney. Dinghies and catamarans beac right in front of the outdoor tables.

Daily offerings at Doyle's include whi ing, snapper, perch, flounder, crab, an the big-tailed Australian lobster. Her are well-known and lesser-known Sout Pacific fish and shellfish to try out ther or wherever you find them on Australia menus.

Tasmanian scallops are similar in size t the Nova Scotia ones but have the ro attached in a finger-sized appendag The roe makes the eating interesting. tastes much like the scallop itself.

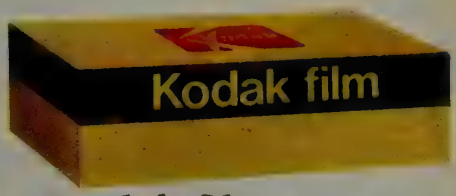
Oysters in Sydney are certainly amon the world's most succulent. About th size of our own small Atlantic blu points, they come from Australia's inno vative oyster "farms." They're in seaso year-round, although from differen farms at different times of year.

"Yabbies" are local crayfish, larger tha the ones you've had in Oregon or Cal fornia (or in Scandinavia). Our report liked the way they were sometimes pr pared in a court bouillon.

John Dory is a big fish caught in dee coastal waters. Only a third of it edible, so it is expensive. Even so, it the great favorite and we found it mi and delicious, fried or grilled.

"Balnain bug" is a curious crustacean;

Perhaps when you're older, you'll figure out why it's so important to ride around in the rain to bring your neighbors bad news.



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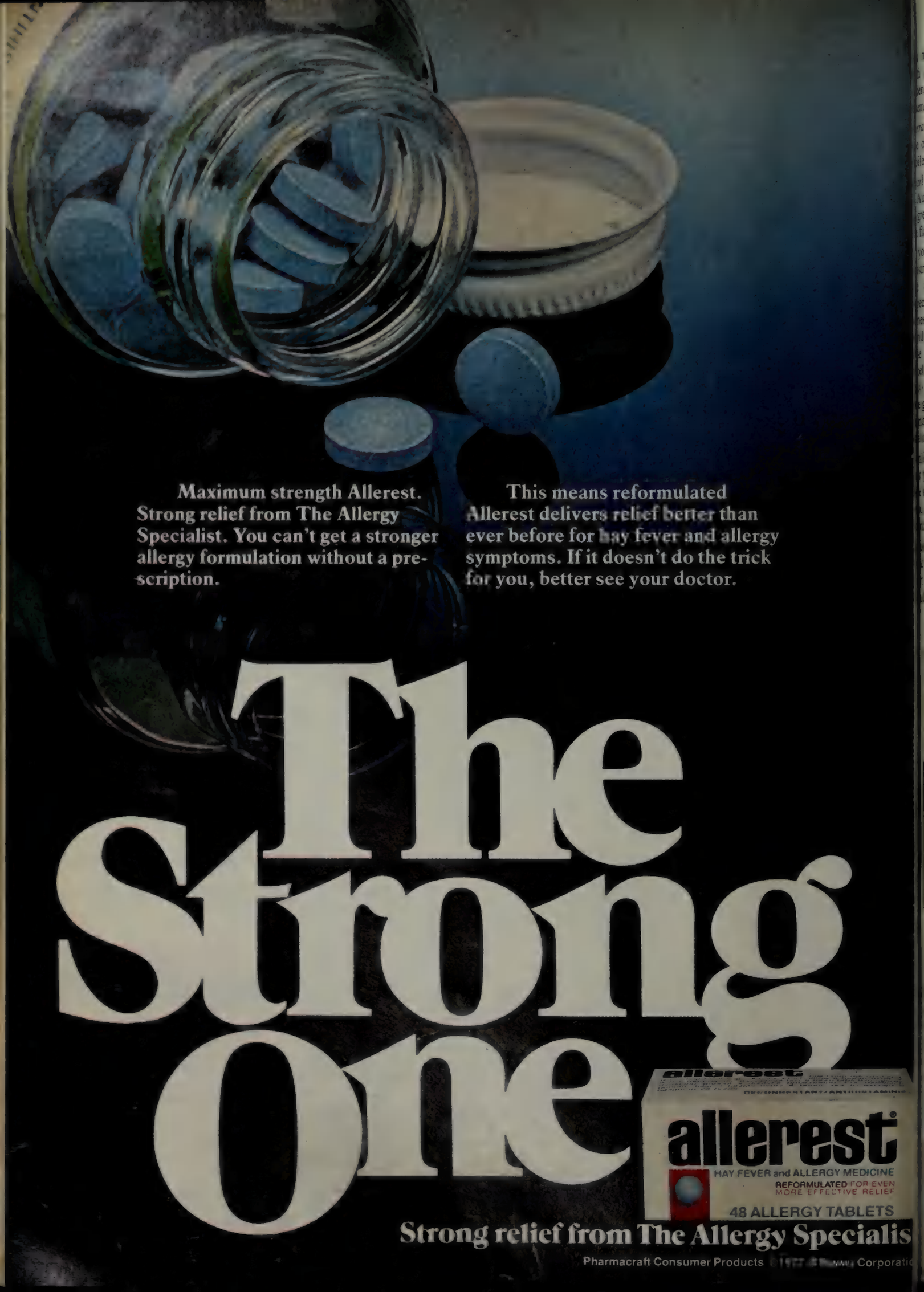
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no claws. The shell is shieldlike h a soft belly below, lobster style. ıen cooked, it is bright orange. Flavor embles crab.

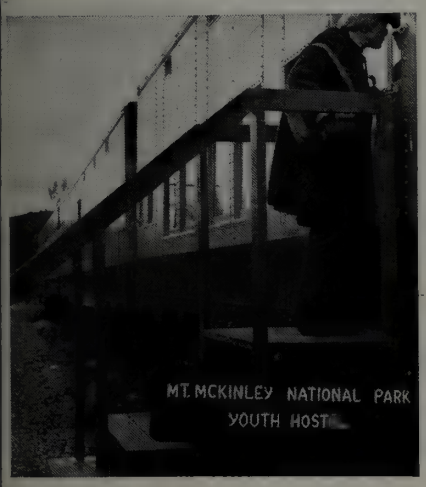
rramundi is Australia's boneless fillet : our sole. Mild flavored, it's served ›iled, poached, or sometimes baked.

ırl perch is perhaps the most elegant Australian fish and, unfortunately, not great supply. The meat is very white, flavor delicate.

you like white wine with your fish, stralia offers new adventure. Imports available, but Westerners might ›ecially enjoy trying the Australian ıes. Comparison with your memory of ıilar California wines is a good game. e Australians sometimes use varietal eling (Riesling, Traminer, Chardon-y) for their domestic wines, but also : generic labeling (Moselle, white Bur-ıdy). Semillon is more popular in Aus-lia than America.

licensed restaurants cannot sell wines, t you are welcome to bring your own; : restaurant will uncork and serve for ı. Some restaurants charge a small kage fee for this service.

stralians are definitely beer fanciers d you'll see them having their strong t beer with any food, very much in-ding fish and shellfish. □



Alaska bargain

Hikers and backpackers like the unusual youth hostel in Alaska's Mount McKinley National Park. It's a refuge when the weather turns wet or cold, which it sometimes does. And it is a bargain. The hostel is three surplus military sleeping cars on a side track near the park's railroad station. The rate is 50 cents per person per night. Sleeping is in tiered bunks. The hostel accommodates 70 persons.

In good weather last year the hostel was not too crowded. But in bad weather it was wise to check in early. □

Kids are priceless at Ramada.

We think so much of kids at Ramada that we've given them a special rate all their own — *free.*

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For worry-free reservations at any of our nearly 700 Inns, call toll-free 800-228-2828 (in Nebraska, 800-642-9343), dial the Ramada Inn nearest you or call your travel agent.

Next time, stay with the Inns who think kids are priceless. And have a special plan to prove it.

*Rollaway beds available at a small extra charge.

We're building a reputation, not resting on one.

Interstate 80 *vaults Carquinez Strait between Crockett and Vallejo on look-alike (but not twin) bridges. Westbound span (in back) was built in 1927, eastbound in 1958*

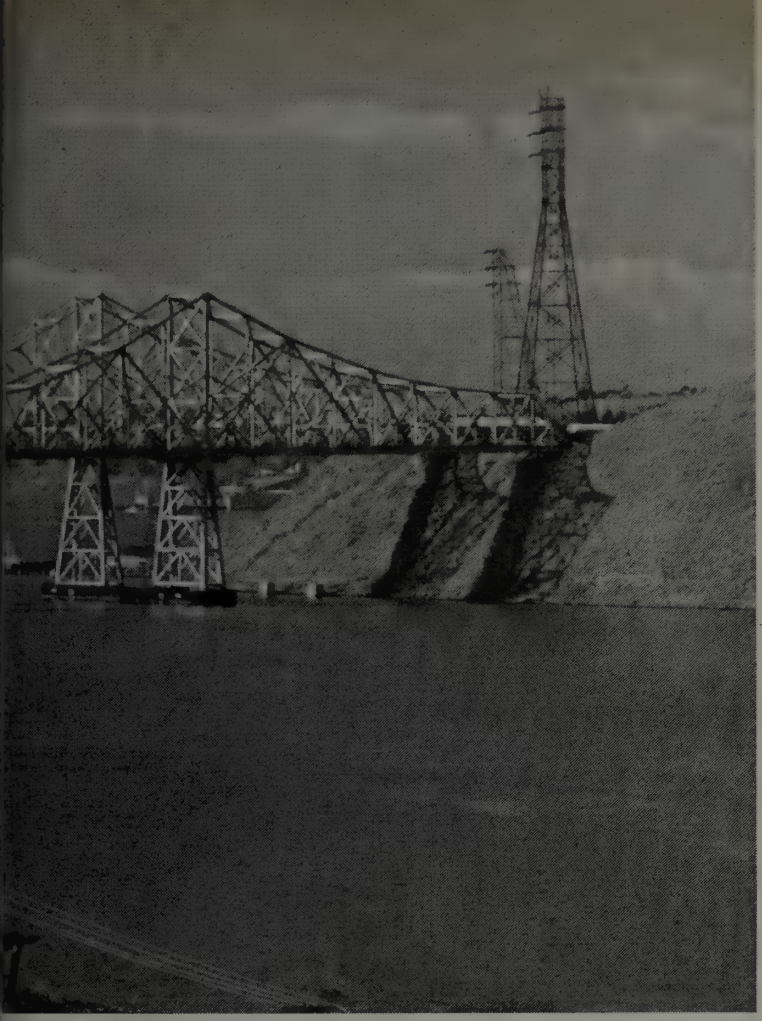
CARQUINEZ STRAIT

Instead of just zipping across . . . consider some poking around

Benicia's *foot of First Street offers seagull feeding, waterfront views, shops, dining*

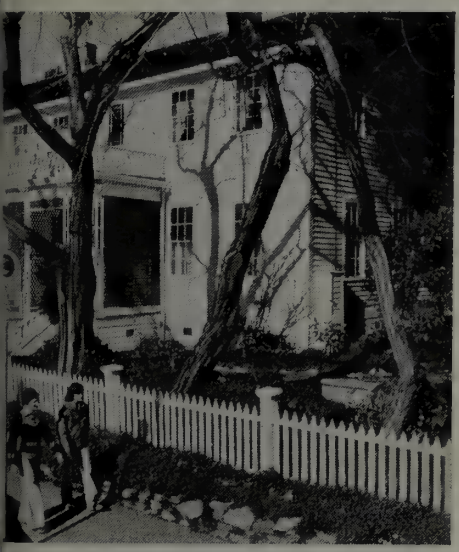
PETER O. WHITELEY

The usual view of Carquinez Strait is a freeway speed from one of its two high way bridges: the Carquinez Strait Bridge (I-80) at the east end of San Pablo Bay or the Benicia-Martinez Bridge (I-680) where Suisun Bay funnels into the strait's mile-wide channel. But it's worth a closer look the next time you're driving between San Francisco and Sacramento. In fact, the discoveries along this 8-mile long narrows (early describers of California compared it to the Bosporous) suggest a leisurely Sunday afternoon drive or even a weekend of exploration. Here are some of its attractions:



JERRY FREDRICK

Misty *Mount Diablo backdrops a Martinez refinery in this look across the strait from Benicia Recreation Area*



estored *Fischer-Hanlon house Benicia's newest attraction. our it weekends noon to 4*

Doweled *wood pig ($1,250) awaits a buyer in a Benicia antique shop*

New public pier, *and a retired S.P. car ferry, make good places for fishing and looking at the expanding Martinez Marina*

arquinez Scenic Drive. Numerous turnuts between Crockett and Martinez afrd views of oceangoing ships and the eadlands of the opposite shore. The ute—it's winding and slow—is also opular with cyclists and joggers.

ort Costa. One of the largest grain ports the world back in the 1880s, the vilge survives today off its native charm d a smattering of antique shops and t galleries. The funky, colorful Wareouse Cafe and the more sedate Bear alley Inn both serve meals.

Iartinez. The evolving Martinez Marina (a 200-acre recreation park, including a restored tidal marsh) shows promise. The new public pier at the foot of N. Court Street is already popular with fishermen; bait, tackle, snacks, and marine services are available. You can rent small outboards and fishing skiffs here and go for a spin on the strait.

Benicia. The town once challenged San Francisco's supremacy as the Bay Area's grandest metropolis. Before a bridge spanned the strait, it was the terminus of the transcontinental railroad line. In addition to the old State Capitol (open daily 10 to 5) and the Yankee-style Fischer-Hanlon house next door (open weekends noon to 4), the city has signed several other historic buildings along First Street; you can pick up a free walking guide to them at most shops. Benicia has many fine antique shops and several restaurants; Tipton's and Sam's Harbor both enjoy waterfront views.

Benicia State Recreation Area. Picnic tables, fire grills, and bank fishing are the attractions at this big recreation area. Admission charge (automatic gate requires quarters) is $1.50 per car. □

A string *of trout is this East Bay lake fisherman's reward*

Boating *is allowed at all but two of the lakes—Anza (in Tilden Park) and Temescal*

STEVE W. MARI

A quiet fishing cove *just steps from a hiking trail isn't hard to find around 340-acre Lake Chabot*

More fish this year in East Bay lakes

With drought conditions putting a damper on stream fishing activities this spring and summer, many Bay Area fishermen are looking anew at close-in lakes and reservoirs. In the nearby lakes of the East Bay Regional Park District (EBRPD), fish-stocking projects were begun earlier this year and at a higher rate than in past years, in anticipation of more activity.

There'll be plants at six of the eight lakes (none at Don Castro or Temescal), and stocking will continue as long as water conditions permit. Park officials say, however, that all the East Bay lakes should remain high enough to be fishable through the summer.

The lakes are at Chabot, Contra Loma, Cull Canyon, Del Valle, Don Castro, Shadow Cliffs, Temescal, and Tilden parks. Trout plantings are usually largest at Chabot (50,900 plants last year), Shadow Cliffs (19,700), and Contra Loma (15,000). Largemouth bass, bluegill, channel catfish, and crappie are common catches at all eight.

Scenery, boats rentals, permits. There's surprising variety of surroundings at the lakes, which range from 9-acre, little-visited Lake Anza in Berkeley's Tilden Park to the 750-acre lake at Del Valle, southeast of Livermore. At some, grassy slopes merge with the water; others are fringed by forest and sharply indented. At Shadow Cliffs you're in constant view of cars passing nearby; Cull Canyon has more the feeling of a wilderness lake.

Boating is allowed at all except Tilden and Temescal. You can rent boats at Chabot and Del Valle (both daily year-round) and Shadow Cliffs (daily now through September 5, then weekends only); call (415) 531-9300 for details.

At seven of the lakes, a state fishing license and an EBRPD fishing permit a required for those 16 and over. The cense costs $4, the permit $3 per year 75 cents per day; both are available all park offices. Del Valle requires o the state license. Children under 16 c fish any lake without license or pern

New guide. Just in time to answer qu tions about this season's fishing, EBRPD has published a new 35-p booklet called *The Angler's Edge*, Boz Nuzum. It illustrates the commo caught fish, explains still-fishing trolling, describes equipment for sp ning and fly-casting. A map shows eight parks and their lakes, and a ch tells you their facilities, rental rates, most likely catches.

To get a copy, send your name and dress with 60 cents to The Angl Edge, East Bay Regional Park Distr 11500 Skyline Blvd., Oakland 94619.

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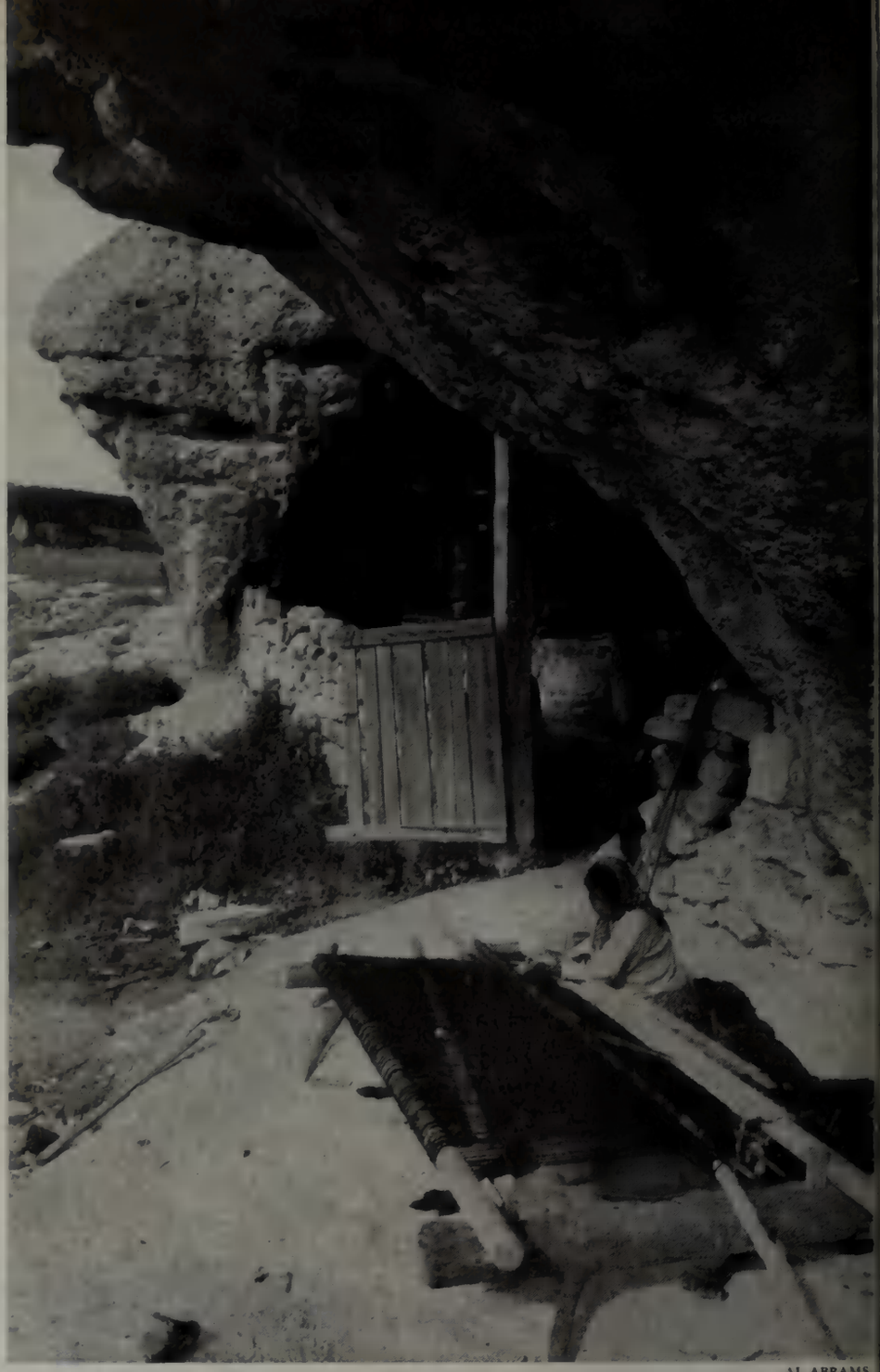
HELGA TEIWES

Orchestra music *of these northwestern Mexican Indians is rooted in 17th-century Europe. Violins are hand hewn, glued with sticky secretions of local plants*

Tarahumara man *easily travels up to 60 miles a day on foot through his homeland, the rocky canyons of the Sierra Madre*



AL ABRAMS

A month's work—*from sheep's back to warm Tarahumara cover—goes into each blanket, handwoven on horizontal log loom. Similar looms are used by other northwestern Mexican Indian tribes. Cave shelter with wooden gate is home*

Up to Phoenix from remote Mexico, the work of Indian weavers, potters, carvers, violin makers, and briefly, the artists too

May 21 through August. Crafts go back to 17th century Spanish teachings

The crafts and culture of Indians in the American Southwest have enjoyed international attention for a century now. But over the border, in northwestern Mexico, the way of life of some 200,000 Indians has remained much less visible.

These people share similar languages, history, and culture with the Pimas and Papagos of Arizona, the Pueblos of New Mexico, the Yuman-speaking Indians of the lower Colorado River. Yet they've spent this century as herdsmen, farmers, and fishermen, continuing their domestic crafts and religious traditions largely ignored by the rest of the world, including even Mexico.

That may begin to change this month when the Heard Museum in Phoenix opens a major exhibit devoted to eight Indian groups from five northwestern Mexico states. Called *The Other Southwest: Indian Arts and Crafts of Northwestern Mexico,* the show will open May 21 and continue through August 27 (Sunday 1 to 5, other days 10 to 5; suggested contribution, $1).

Groups included are the Lower Pima, Seri, Yaqui, and Mayo people of Sonora; the Tarahumaras, Warihios, and Northern Tepehuanes of Chihuahua; and the Southern Tepehuanes of Sinaloa, Durango, and Nayarit. Many of the 140 handcrafted objects on exhibit were collected by a young Canadian, Edmond Faubert, who walked and rode burroback into remote Indian villages.

Because of their isolation, these people have had to weave their own textiles and make their own pottery, baskets, and furniture. Until recently, little was for sale. Experts compare the state of their crafts with that of the Navajos, Hopis, and other Southwest Indians a century ago—before they were recognized as works of art and their prices climbed accordingly.

Some of these northwestern Mexico Indian crafts—baskets, blankets, masks, wood carvings—will be sold at the museum during the show. Prices will range from under $10 to over $300.

You can see demonstrations of their crafts May 21, 22, and 23 when artisans, musicians, and dancers will perform at the Heard. For most, this will be their first visit to an American city.

Music and dance are important to the secular ceremonies and sacred rituals of all eight groups. Visitors may be startled to hear their intricate violin and harp music—an art introduced to their villages by Spanish missionaries 350 years ago. Tape recordings of their music and a slide show depicting village life will play continuously as a part of the exhibit.

In a 144-page richly illustrated catalog, essays on each tribe detail their crafts and describe some of their religious ceremonies and life styles. The catalog cites these as especially distinctive:

Mayos: outstanding thick-woven blankets and rugs, usually striped, in natural wool colors (white, brown, black). *Seris:* strong, decorated coil baskets and ironwood carvings of fish, birds, other wildlife forms. *Southern Tepehuanes:* embroidery; some bags (called *morales*) are so totally embroidered that no base cloth is visible.

Tarahumaras: elaborate woven sashes and heavy wool blankets, usually with solid black backgrounds, woven on horizontal looms. *Warihios:* violins and harps. *Yaquis and Mayos:* bewhiskered wood masks—human or goatlike.

Catalog authors were Faubert, Barney T. Burns—a student of Tarahumara culture, and Dr. Bernard Fontana and Dr. Edward Spicer—two University of Arizona anthropologists. For a copy, send $11 to Heard Museum, 22 E. Monte Vista Rd., Phoenix 85004. □

Mayo blanket *(on wall) uses only natural wool colors. White geometric pattern decorates red Tarahumara storage pot. Bewhiskered wooden masks are carved for Mayo and Yaqui ceremonies. They're part of Phoenix exhibit starting this month*
NORMAN A. PLATE

On exhibit will be *rich wool sashes like these, worn by men and women of several tribes. Dolls carved from tree bark are new craft designed for sale to tourists*

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PETER O. WHITELEY

Pegs *secure mortise-and-tenon joints at Sandoval's Albuquerque workshop*

Furniture in carved wood in New Mexico

The woodcarvers of northern New Mexico do not limit their craftsmanship to carving the images of saints (see page 94). Many create handcrafted furniture and hand-carved doors that are copied directly from authentic Spanish Colonial antiques or at least inspired by the designs of those days.

Like their saint-carving counterparts, many of these furniture-and-door makers work in small village shops where (if you can find them) they sell what they have on hand or create new pieces to order. Some of the more enterprising craftsmen have now moved into the larger cities where they run their own shops or affiliate with one of the biggest studios or galleries.

You'll find some of the better known studios around the plaza in Taos, along Santa Fe's Canyon Road, and in the Albuquerque Old Town district. But don't overlook the possibilities at small

NORMAN A. PLATT

Design sketches *simplify your choice at Santa Fe's Spanish Craftsmen*

If your family is a crowd, you have four choices. You can jam them into a sedan, pay the price of a station wagon, bounce them around in a van, or...

Take the Bus.

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Versatile, too. The big sliding door lets you load even big bulky objects. And the rear seat folds down to give you extra cargo space. How does it compare to a van? About as roomy, but a lot nicer. In fact, the interior of your VW Bus is beautifully finished. Comfort to us is not an option.

And talk about economy. Your Bus has a peppy fuel-injected 2-litre engine, yet it still delivers an estimated 28 mpg on the highway, 20 in the city with standard transmission in the 1977 EPA tests. (Of course, your actual mileage may vary depending on where and how you drive, your Bus' condition and whether you choose optional equipment, such as an automatic transmission.) And the '77 VW Bus comes with four-wheel independent suspension and radial tires for a smooth ride.

So if you'd like to own what AUTOWEEK says "might be the *real* best all-around car in the world," take the Bus!

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garage-workshops in less fashionable sections of each city. For a listing of shops look in the yellow pages of telephone directories under Furniture Designers & Custom Builders.

Even the more fashionable studios and galleries reflect considerable differences in approach, objectives, and execution. Some have elaborate showrooms crowded with display samples; others are sawdust-strewn workshops with little to see except design sketches or dog-eared snapshots of previous work.

One studio might stay very close to the village tradition, copying the roughhewn look of an antique; another will modify traditional designs for contemporary taste and comfort and take pride in the excellent woodworking and finishing skills of their craftsmen.

Traditionally, colonial furniture was carved from pine or red spruce, pegged with dowels of scrub oak. The smaller studios frequently work only in pine and offer a very limited selection of fabrics for upholstered pieces; many bigger studios offer a variety of exotic woods and a wide choice of fabrics and adornments.

It's difficult to mail-order custom-designed furniture, but some shops will work from a photograph or drawing. The best approach is a face-to-face meeting with the designer or craftsman to agree on the design and material that will suit you best. None of the shops we visited had a catalog of all their designs, but most had a brochure indicating the type of work produced.

Prices, of course, vary with the quality of material and workmanship and the complexity of design and ornamentation, but most doors sell for $250 to $350. An unupholstered chair might sell for $100, a relatively unadorned 7-foot refectory table for $500. You'll be asked for a deposit of 25 to 50 percent, with the balance due on completion in 60 to 90 days.

Motor freight charges from Santa Fe to Los Angeles run about $18 per 100 pounds (to Seattle about $20 per 100 pounds), plus crating charges—about $30 for a 7-foot table, $15 for two chairs. □

PETER O. WHITELEY

Spindles *and flower motifs ornament doors down in Albuquerque's Old Town*

dance with a lion. Singapore's festivals are not just for the lion-hearted. So join in.

dine at a car park. "Open-air" dining is the rule. The food and the locales are exceptional.

pick up a bauble. Start your own dynasty. Genuine Tang and Ming antiques abound.

...a bangle. St. George would have given an arm and a leg for a dragon such as this.

... or beads. Pearls. Dangle them on a string. On a pendant. Or independently. They're singularly beautiful.

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DAVE BARNES

Morning sun streams *through misty forest as early-rising backpackers head for another campsite along wilderness coastline of Washington's Olympic Peninsula*

50 miles of walking beach between Shi Shi and the Hoh ...it's wild Washington

Of all the West's great and varied wild lands, few are more precious than the beaches of Washington's Olympic Peninsula. There, in the 50 walking miles between Shi Shi Beach and the Hoh River, lies the longest remaining stretch of unspoiled, unroaded coastline in the lower 48 states.

With the single exception of the Indian fishing village of La Push at the mouth of the Quillayute River, it's an unbroken chain of wilderness, with beaches almost as isolated as in the days of Juan de Fuca and Captain George Vancouver.

Most of this spectacular shoreline has been preserved for the past 24 years as the coastal strip of Olympic National Park. The rest of it, some 7½ miles north from the Ozette River to Shi Shi Beach, will soon be added to the park. Last fall Congress authorized the acquisition of this section to spare it from roading and logging and help protect one of the most fundamental of wilderness experiences—a bold encounter with the primordial sea.

Sea stacks, tidepools, rain forests, wildlife. Land and sea do not simply divide territory here—they fight for it. Stony sea stacks and islands, silent monuments to earlier battles, are strewn like medieval castles across the horizon. They're the last and toughest remnants of original strata that once extended much farther seaward. This offshore architecture defines the distant blending of sky and sea, breaks and diverts the advancing waves, and offers refuge to 75 species of birds—petrels, loons, cormorants, hawks, eagles, murres, and many more.

Closer, you can be absorbed for hours watching the extraordinary creatures of the intertidal zone, so delicately adapted to the constant ebb and flow of the ocean. The more you look, the more you see:

(Continued on page 80)

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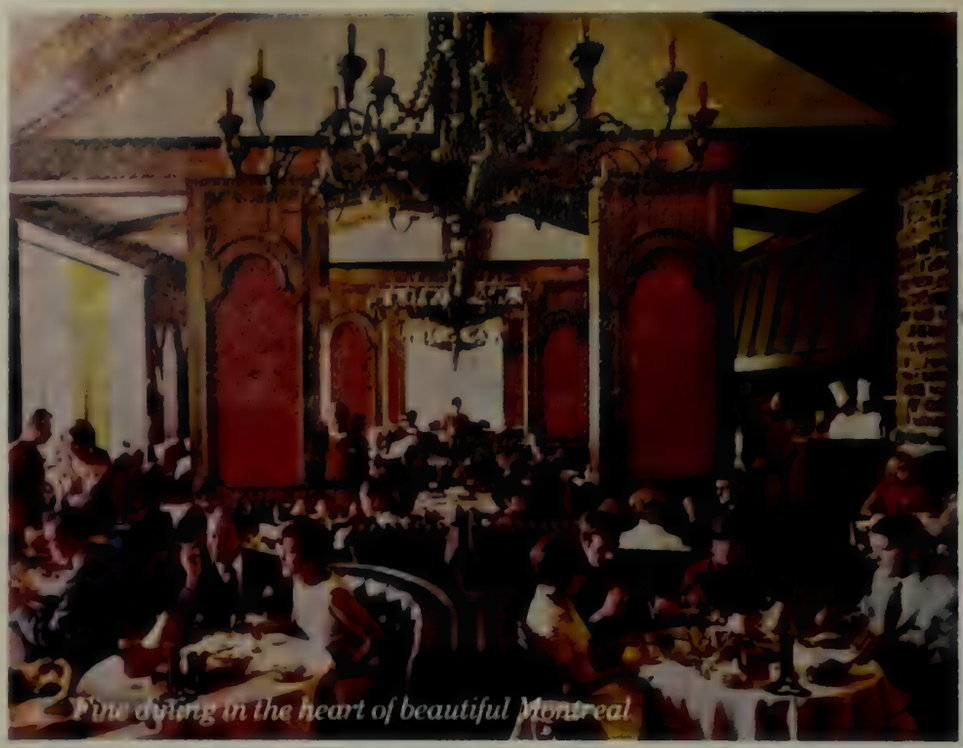

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It's easy to make your own arrangements. Or, talk to a travel agent soon. Then come on! There's so much to go for. Canada

Nearly *50 miles of wild coast beckons hikers to Washington's Olympic Peninsula. Access roads and trailheads are shown here*

DAVE BARNES

"Hole-in-the-Wall" *at Rialto Beach provides passage through the rocky headland; some other headlands must be climbed*

Much of the wild coast is in Olympic National Park. More will be added soon

limpets, turban snails and periwinkles, purple anemones and orange seaweed, starfish, barnacles, hermit crabs.

At high tide you might spot harbor seals frolicking in the surf, or, this time of year, migratory gray whales spouting offshore. A long look behind you, where the beach merges with the rain forest, might yield glimpses of bear, deer, raccoons, elk, bald eagles.

The beach itself alternates between protected bays and windswept headlands, sandy strands and bouldered coves. And the weather endlessly redefines these elements—first focusing them sharply beneath a cloudless sky, then cloaking all in swirling fog or attacking with wind and rain.

Walking—the only way to go. There's just one way to really see this incomparable country—on foot. There are no roads in this wilderness, and the often rocky, driftwood-strewn beach is no place for horses.

(For the time-short auto traveler, there is one alternative: a 10-mile stretch of park beach adjacent to U.S. Highway 101 from Ruby Beach south almost to Queets, off our map. Marked trails lead from the highway to the shore, and there's a campground—$3 per night—and lodge at Kalaloch.)

Except for headlands that must be surmounted, the way along the wilderness beach is mainly flat. There are no formal trails—you follow the beach. That

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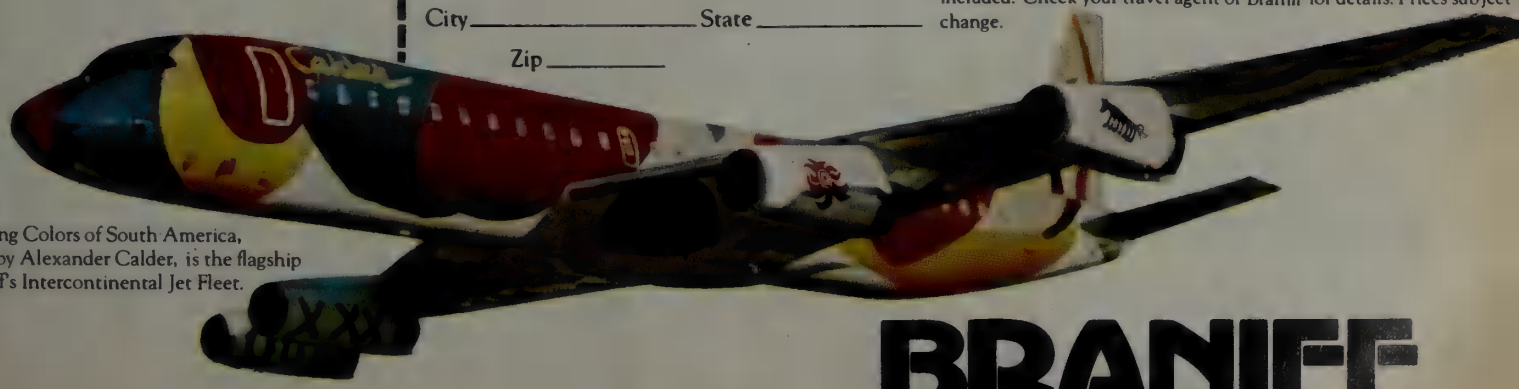

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DAVE BARNES

Hikers study *a tidepool; its tenacious invertebrates are abundant despite intermittent pounding by heavy surf*

sounds easy enough but it holds its own special challenges and a few real hazards (see page 84).

Hikers who cover any distance at all will discover the beach is ever-changing: smooth sand where the going is easy, slippery rocks that demand care with every step, seemingly impassable piles of driftwood, creeks to ford, forested ridges to climb. Still, you can make 5 to 10 miles a day, depending on your stamina and your desire to linger or charge on.

But many visitors prefer to camp in one spot for several days. Then they're free to roam their corner of beach, searching for Japanese glass fishing floats or other flotsam and jetsam, or just enjoying the endless rustle of the tides, the booming surf, and the intertidal life.

If you visit the Cape Alava area, be sure to walk ½ mile north and see the Ozette Indian Village dig where archeologists from Washington State University are unearthing artifacts buried by a mud

KEITH GUNNAR

Blustery winds *whipping your tent, threatening skies, and a slow-starting fire can all be part of the experience*

Unbothered *by chilly 50° water, youngsters enjoy a romp in the ocean*

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BUICK

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And there's the San Antonio River. A real river that flows through the heart of downtown. It's called the Paseo Del Rio and its banks are lined with colorful shops, restaurants and night clubs. You'll find food and atmosphere at prices to match the taste and budget of just about anybody. Many of the restaurants will serve lunch or dinner on open air boats that cruise peacefully up and down the length of the Paseo.

There's El Mercado, a completely restored Mexican Market, full of the colorful people, produce and products that give San Antonio much of its charm.

And tucked in the corner of Brackenridge Park there's San Antonio's Zoo. It has the largest collection of rare and exotic birds in North America. As well as real lions, tigers and bears. Many of them will roar at you from their natural cages.

And finally, there's money. It takes less of it to visit San Antonio than just about any other major tourist attraction.

So. Whether you see San Antonio first or second, all it takes is 7 days to discover there's nothing Mickey Mouse about it.

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Sun. 5-77

slide 300 to 500 years ago. Free tours of the site are conducted daily every few hours, June through August, and occasionally through the rest of the year. A small display includes baskets, wooden combs, clothing, long-house fragments, and other finds.

Headlands and storms. While some of the steep, rocky headlands can be rounded at low tide, others can be passed only by climbing up and over. On page 88 we list two guidebooks that tell you which can be skirted, which must be climbed.

You'll also need a watch, a tide table, and a realistic appraisal of how far you can hike before exhaustion overtakes you. Some backpackers who've miscalculated have been trapped by incoming tides. Several have drowned.

Storms bring another threat. Especially in winter and early spring, full-fledged Pacific storms pound the coast with winds and waves that toss 2-ton driftlogs as though they were toys. The danger is obvious, so camp well beyond the logs and high-tide lines; if a real storm is brewing, seek shelter in the forest.

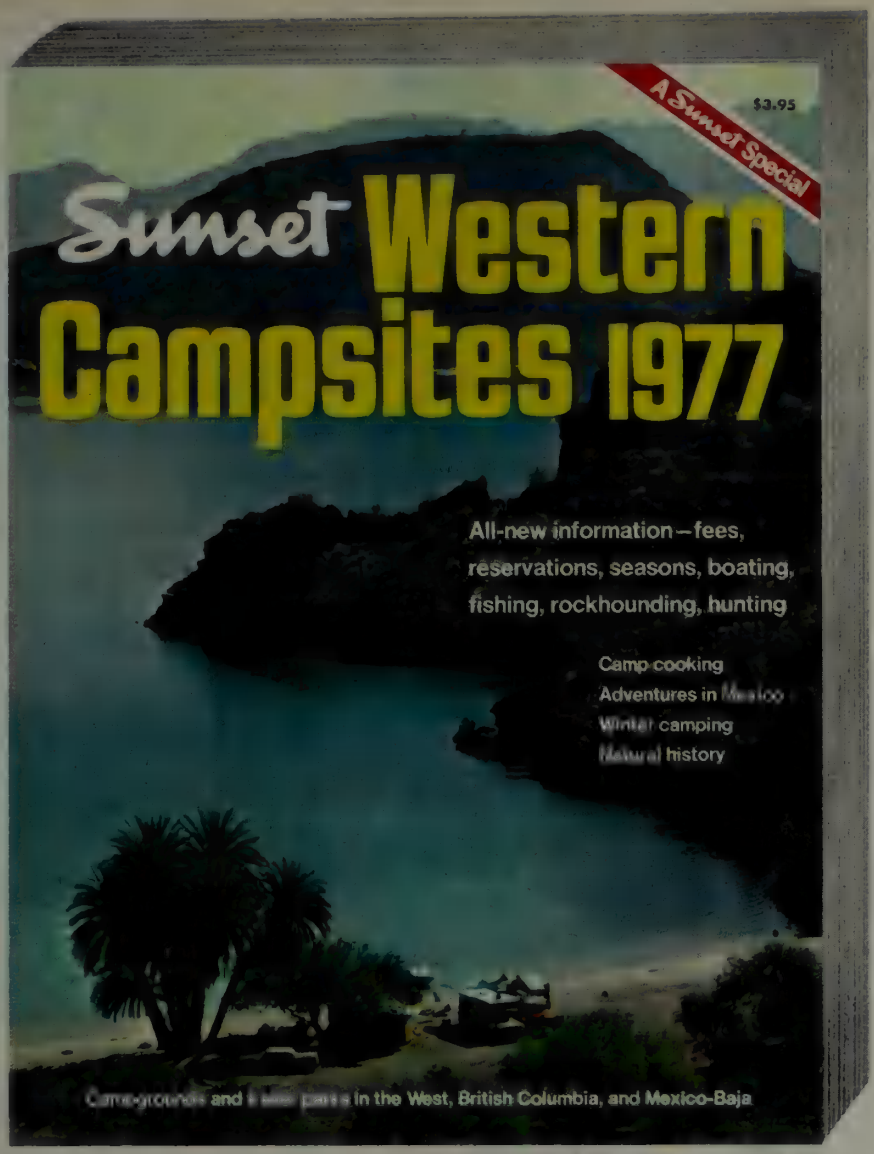
There are other considerations for hikers. Offshore islands are an appealing destination when low water exposes approach routes. But incoming tides can strand you for hours if you forget to return in time.

DAVE BARNES

Indian fisherman *dip-nets smelt at mouth of Hoh River near trail to South Wilderness Beach*

Gear you'll need. Expect rain any time of year (normally, about two out of every three days), and be prepared with a durable tent and rain gear (preferably both a parka and pants), and a paperback book to while away hours when the weather pins you in your shelter.

You probably won't want to swim—water temperature is a chilly 45° to 55° and strong riptides and hidden rocks make it dangerous. Fishermen can cast



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for perch, bass, and rockfish. No license is required, but you must observe state catch limits and seasons (write to the Fisheries Department, General Administration Building, Olympia, Washington 98504).

Clams and mussels from the beach are usually edible, but can be made poisonous by "red tides" at certain times—chiefly in summer. If you plan to eat shellfish, check first with rangers.

Creek water is adequate. But the unappealing tea color (the result of vegetative leaching), puts off some hikers. Park rangers say the water is generally safe to drink; if you're unsure, boil it first or purify with halazone tablets.

Fuel is plentiful and campfires are permitted in established fire rings above the high-tide line (fires in driftwood areas are prohibited). A lightweight stove is best for cooking. It's wise to suspend food in bags high above the ground from lines strung between trees to keep it out of reach of bears, skunks, crows, and mice. Never keep food in your tent.

Pets and firearms are prohibited.

Free wilderness permits are required (you can pick them up at trailheads), but advance campsite reservations are not necessary. A free guide with map and other information is available from Olympic National Park, 600 E. Park Ave., Port Angeles 98362 (206-452-9235), or at any district ranger station along the coast.

Getting there. Most out-of-state visitors will probably approach from Oregon up Interstate Highway 5, turning west on U.S. 12 south of Olympia and continuing about 50 miles to Hoquiam. From there, it's north over U.S. 101 some 65 miles to the park and access points detailed below and shown on the map on page 80.

Or, from the Seattle area, you can get to the wilderness strip by taking one of several ferries to the Kitsap Peninsula and following State 104 across Hood Canal bridge to U.S. 101. Continue on 101 north and west about 40 miles to Port Angeles and on to the coast via either State 112 or U.S. 101.

Here are detailed approach routes:

Ozette: About 8 miles west of Port Angeles, turn off U.S. 101 onto State 112 and head west 53 miles to Hoko River Road; drive it southwest about 20 miles to the parking area and ranger station at the north tip of Lake Ozette. Two routes lead to North Wilderness Beach. The 3.3-mile Indian Village Trail takes you to Cape Alava and the Ozette dig, and is a possible approach (if you're willing to ford the Ozette River) to the new section of park beach north of the cape. The 3-mile-long Sand Point Trail reaches the beach south of Alava.

You can hire an outfitter at Lake Ozette Resort to boat you and your gear for about $10 to either the 1.9-mile Ericson Bay Trail or the 2.3-mile Allens Bay route. For more details, write to Lake Ozette Resort, Clallam

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Stuff-a-Roni Florentine

1 pkg. Golden Grain Stuff-A-Roni.
2 (15 oz.) cans Golden Grain Marinara Sauce.

Filling:

½ lb. ground beef
1 med. onion, minced
2 Tbsp. oil
1 cup soft bread crumbs
10 oz. pkg. spinach, thawed
2 Tbsp. grated Parmesan
3 eggs
1½ tsp. salt
¼ tsp. pepper

Cover bottom of oblong 2 qt. baking dish with 1 cup sauce. Brown beef and onion in oil; add remaining ingredients. Fill uncooked Stuff-A-Roni; arrange in single layer in baking dish. Pour remaining sauce with ½ cup water over top. Cover with foil; bake at 375°F., 1 hour.

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La Push: From Forks (34 miles north of Kalaloch and 58 miles southwest of Port Angeles on U.S. 101), drive north 2 miles to La Push Road and follow it west 15 miles to La Push or, by taking another fork, 12 miles to road's end near Rialto Beach. It's .8 mile farther by foot or public conveyance to North Wilderness Beach, which stretches north for about 27 miles all the way to Cape Alava and Shi Shi Beach. Nearby Mora campground offers overnight sites for $3.

La Push, across the Quillayute River from Rialto Beach, is also on the ocean. The road into town provides two more beach access points along short connecting trails: one goes to Second Beach, a mile south of the village, the other to Third Beach, an additional mile southeast. If you're looking for solitude or access to South Wilderness Beach, which continues 15 miles south to Hoh River, head directly to Third Beach.

Hoh River: About 15 miles south of Forks and 21 miles north of Kalaloch, an unmarked road leads from U.S. 101 11 miles west along the Hoh River to a short access trail to South Wilderness Beach. The only way to spot the road is to look for signs announcing Cottonwood Campground, across U.S. 101 from the access road. At the river mouth you may see Indian fishermen dip-netting for smelt.

DOUG WILSON

Boardwalk *through forest keeps you out of the mud along short access trail to Second Beach near La Push*

Reading to take along

The Olympic Seashore, Ruth Kirk (Olympic Natural History Association, Port Angeles, 1974; $1.95, paperback). Natural and human history examined in detail; drawings help identify beach life.

Roads and Trails of Olympic National Park, Frederick Leissler (The University of Washington Press, Seattle, rev. 1976; $3.95, paperback). □

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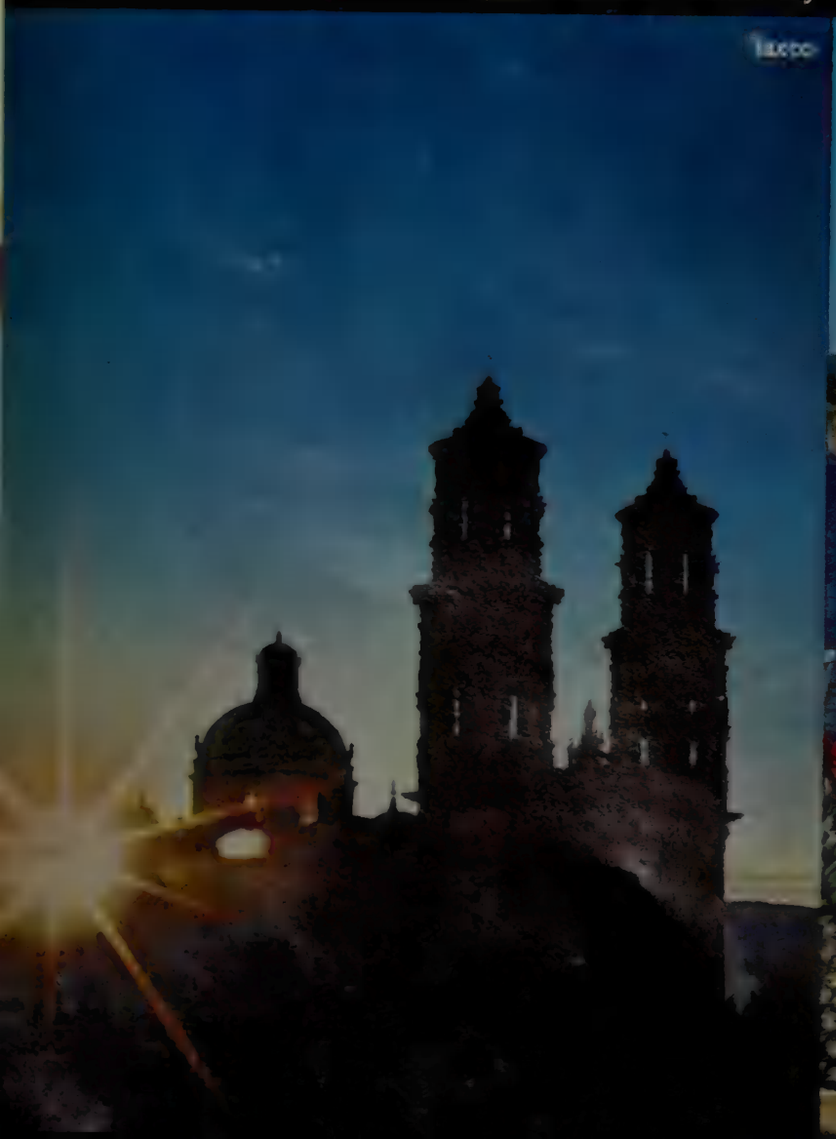

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Wearing *a handwoven huipile (blouse), Guatemalan corrects visiting student's technique on the back-strap loom*

Guatemala's weaving workshops

For the fourth summer, visitors to Guatemala have the opportunity to learn the craft of handweaving for which that country is world renowned. On the shores of Lake Atitlán, 40 air miles west of Guatemala City, you can take part in one of the Guatemala Weaving Workshops that are accredited by one California university and the Instituto Allende of Mexico.

One Cakchiquel Indian weaver works with each three or four students. Several English-speaking assistants and the director, Sally Kingsmill, interpret as well as instruct. You'll learn how to make and use the back-strap loom, shown above, and the basics of finger weaving. Close daily contact with the Indian instructors permits an insight into Mayan Guatemala that the average tourist could not hope to experience.

The 13-day workshops include field trips to nine highland villages, all weaving materials, and accommodations (including two meals a day) at the modern Hotel Atitlán. Registration fees range from $365 for a triple-occupancy room to $383 for a double. (There is an additional charge if you want college credit.)

Three sessions, each with 30 students at most, are now scheduled for 1977: June 26 to July 9, July 10 to 23, July 31 to August 13. More classes may be scheduled. For details, write to Guatemala Weaving Workshop, 249 Santa Fe Drive, Walnut Creek, Calif. 94598. A $75 deposit is due before May 26. □

TIMOTHY ORD

Seaside village *of Gorey on Jersey has small hotels, tea shops, a promenade, and Mont Orgueil Castle—begun in the 10th century by the Dukes of Normandy*

Lush display *of Guernsey produce fills stalls at St. Peter Port Market. You'll also see gigantic crabs and lobsters, and dairy goods from famous Guernsey cows*

Just off the coast of France... Britain's sunny Channel Islands

Narrow land bridge *on Sark is for cyclists and strollers. Sark allows no cars. Cottages on the island offer tea and refreshments to day visitors*

In the great bay off the north coast of France lie Britain's southernmost and sunniest properties—the Channel Islands. Located right where many visitors to Europe fly over them unknowingly, the little isles have long been popular with British and French on holiday.

Warmed by the Gulf Stream, they offer a mild climate year-round and great variety—tiny fishing villages with cobbled streets, ivy-bordered country lanes, rugged cliff walks, wide swaths of white sandy beach; swimming, water skiing, fishing, golf. You'll hear both English and French spoken, as well as the Norman French patois.

A visit to the islands is easy to arrange as a stopover between London and Paris. Both cities have daily flights to Jersey and Guernsey (either is about 1 hour away by jet). Ferries to the islands leave regularly from Weymouth in England, and St. Malo in France. St. Malo also has hydrofoil service.

Tourist offices at the airports and docks can arrange accommodations when you land. Lodgings, all government inspected, range from countryside inns and town guesthouses (more English or French in character and food, depending on the owner's heritage) to first-class beach hotels; double rooms with meals run $15 to $35 a day. The islands are duty-free territories with wide selections of British and continental goods for sale. You can tour by rental car or by bus.

Jersey's capital, little St. Helier, with narrow streets and pedestrian arcades, has a great 1806 fort inland, and a 17th-century island castle—once the headquarters of Sir Walter Raleigh—¾ mile seaward. The 5-mile beach at St. Ouen's Bay is one of Europe's best. On the grounds of a beautifully landscaped old manor house is Gerald Durrell's famous Jersey Zoological Park, devoted to rare and endangered species.

On Guernsey you can explore St. Peter Port where tile-roofed houses climb in tiers from the harbor, visit the 1944 German Underground Hospital (1¼ miles of chambers cut in solid rock), stroll cliff-top walks dotted with Napoleonic-era towers, and descend along hedge-lined water lanes to secluded beaches.

The tinier islands are reached easily by boat from Guernsey. Sark, governed since feudal times by a *seigneur*, permits no cars. You can sightsee by horse-drawn carriage or rented bike, and take a swim in such rock-carved pools as Venus's Bath. Herm, governed by its own "king," attracts shell collectors to rich Shell Beach. Alderney, a favorite of bird watchers, has puffin breeding grounds and colonies of other sea birds.

For brochures on the Channel Islands, write to the British Tourist Authority, 612 S. Flower St., Los Angeles 90017. □

Spanish America in today's New Mexico

A great folk art show in one Santa Fe museum. A back-road tour to visit the artisans. Folk art shopping . . . what and where

(*santeros*) over the centuries include Santiágo on horseback, a symbol of pride in the Spanish heritage; San Ysidro, the friend of farmers, plowing with his oxen; the seated Santo Niño, an intercessor for the oppressed; San Juan Bautista, local patron of shepherds; Santa Bárbara, who protects against lightning; and the much loved Virgen de Guadalupe.

Another popular figure, pictured at left, is the arrow-pointing Doña Sebastiana, a ghastly death figure possibly inspired by the 13th trump of the tarot deck and named through some confusion with the arrows of St. Sebastian's martyrdom.

You'll see examples of secular work in the elaborate chests and boxes carved in bold relief or decorated with straw or corn-husk inlay; tall cupboards (*trasteros*) with fancy grillwork doors and floral-carved cornices; and richly sculptured but roughhewn chairs, tables, shutters, and doors. The desire for decoration never quite satisfied, woodcarvers to this day frequently take up a paintbrush to embellish their work with bright-painted floral designs and fancy scrollwork.

Early weavings from the frontier era are mostly rough homespun, meant to keep out the chill of New Mexico evenings. Importation of professional Mexican weavers late in the 18th century brought a renaissance of the craft, which produced the traditional Rio Grande and Chimayó blankets made today. Fine woolen blankets, inspired by designs of Saltillo and Zacateca weavers, show bold stripes of natural wool colors or complicated geometric designs of brightly colored yarns.

So-called "Indian designs" influenced the tourist-trade blankets during the 1920s and 1930s, but the best weaving today sticks to traditional designs in natural wool or bright contemporary colors.

Entitled *Días de Más, Días de Menos* (days of plenty, days of want), the museum show reflects the many aspects of colonial life. The more than 600 items on view are grouped into exhibits characterizing one of these aspects: childhood, home life, work, festivals, death. Each section is captioned with relevant old Spanish proverbs (*dichos*).

Unfortunately the show has no formal catalog; in its absence, see the definitive *Popular Arts of Spanish New Mexico*, by Curator Emeritus of Spanish Colonial Art, E. Boyd (Museum of New Mexico Press, Santa Fe, 1974; $34.95). But a handsome $2 program explains exhibit groupings and includes the collection of marvelous old proverbs. Another popular and highly readable reference book is the paperback *New Mexico Village Arts*, by Roland F. Dickey (University of New Mexico Press, Albuquerque, 1975; $3.95).

The Spanish Colonial art show will continue at the Folk Art Museum (out on

Half rosette *of Moorish design crowns roughhewn cupboard in Folk Art Museum's grouping of Spanish Colonial furniture*

Ben Ortega *transforms a cottonwood branch into St. Francis at his Tesuque workshop*

NORMAN A. PLATE

Luis Tapia *offered his brightly painted Holy Family at Santa Fe's annual Spanish Market last July. It sold quickly for about $300*

Start with yesterday... in the churches and the Palace of the Governors. Then the Folk Art Museum and the shops

the south edge of town on Museum Hill) through 1977. Hours are 9 to 5 daily, April 1 through October 31; closed Monday through the winter months. There is no admission charge.

In the churches and the palace

Excellent pieces of colonial art are still in their original settings in old Spanish churches in and around Santa Fe. Many believe that the beautiful old structures such as San Miguel, Guadalupe, and Cristo Rey churches are themselves the finest expression of the art. Also look in on the exhibits and collections at the Palace of the Governors on the Santa Fe Plaza. Exhibits at the venerable palace provide perhaps the best historical background on the evolution of Spanish Colonial art in New Mexico. Palace hours are the same as those at the Folk Art Museum and admission is free.

Shopping for Spanish crafts

Woodcarvings, weavings, straw inlay, ornamental iron, tinwork, and other expressions of contemporary folk craft are for sale in the gift shops at the palace and the Folk Art Museum, at some of the tonier shops and galleries along Santa Fe's Canyon Road, in Albuquerque's Old Town district, and around the plaza in Taos.

Quite a few of the shops and galleries specialize in reproductions of Spanish Colonial doors and furniture (see page 72), and some of the more exclusive

Spanish settlement in New Mexico goes back to 1598

In 1598—more than 170 years before the founding of California's first mission church at San Diego—Don Juan de Oñate established the first permanent Spanish settlement in New Mexico. The village, called San Juan de Los Caballeros (later San Gabriel del Yunque), was on the west bank of the Rio Grande about 25 miles north of the present location of Santa Fe.

Half a world away from their ancestral homeland and isolated from the citadels of Mexico by vast and trackless deserts, the early Spanish colonists had an ingenious talent for utilizing the meager materials at hand. Furniture, clothing, tools, utensils, and even musical instruments and playing cards were made at home with only a minimum of resource but a lot of imagination. An old Spanish proverb sums up the inventive quality of colonial life: *muchos pocos hacen un mucho,* or "a lot of little things can make one great thing."

When it served their purposes the Spanish borrowed from the cultural traditions of their Indian neighbors. Corn, beans, and squash became the mainstays of colonial diet, and Indian pottery served their kitchen and dining needs. The colonists often built their settlements on the sites of ancient Indian pueblos; the resulting villages combined the architectural flavor of medieval Spain with the indigenous building materials and construction techniques of prehistoric America.

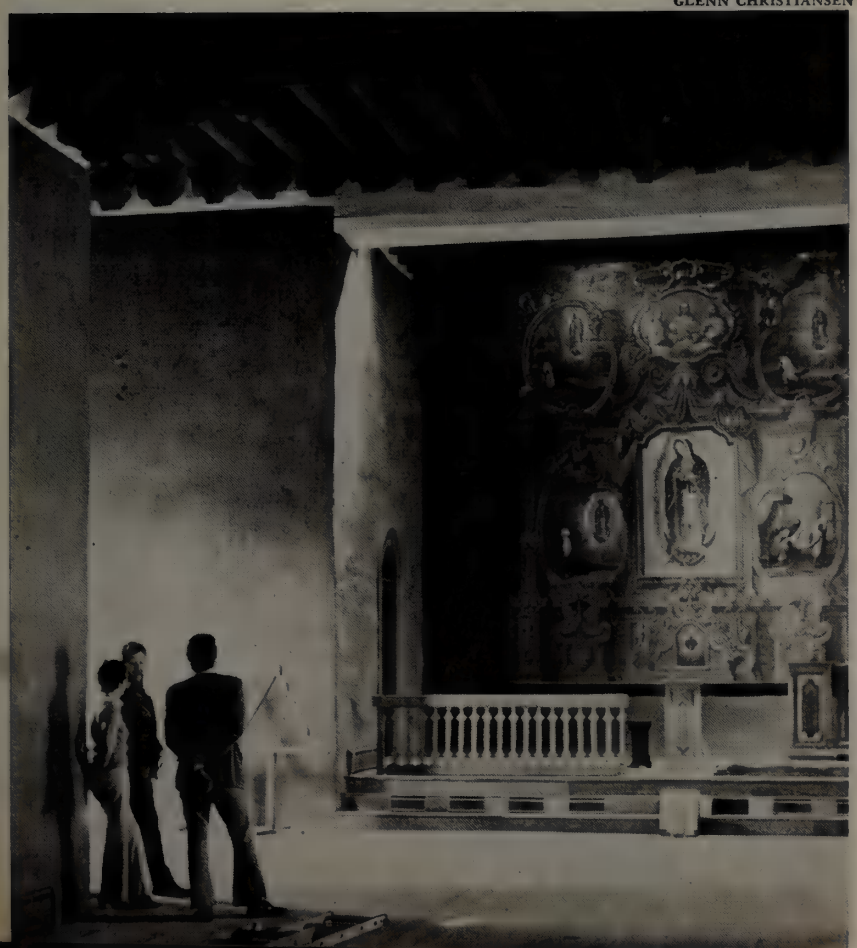
Life in the colonial village was full of frontier hardship, but the hearty settlers were sustained by a fierce pride in their Spanish heritage and a deep religious devotion. Digging an irrigation ditch was usually the first order of business in a new village, but the construction of a village church followed very close behind. The church might be flat roofed, windowless, and dirt floored, but all the enthusiastic—if untrained—skills of the devout villagers went into its art and decoration.

Each door and corbel was lovingly carved and the altar was dressed in handsome weavings and embroidery. The homemade paintings of saints might crudely mimic the styles of Velasquez or El Greco, but deviations frequently fostered subtle heresies that became entrenched in colonial tradition. Extended disruptions of civil and religious authority under Spanish and Mexican rule strengthened the local schisms in art and catechism, and by the time of American Occupation in 1846 the distinctive folk crafts of New Mexico were fixed in a regional tradition dating back more than 200 years.

Mitered Peter *is by late José Dolores López*

Sanctuary *of Guadalupe Church in Santa Fe was being restored last fall. Massive painting of Our Lady graces altar as it has for 200 years. Fine carved vigas (beams) and corbels support high ceiling*

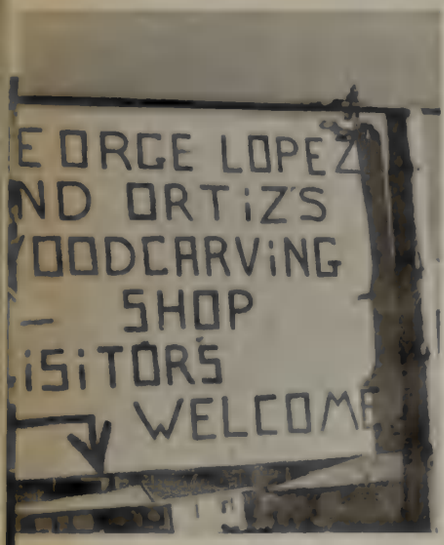
GLENN CHRISTIANSEN



Old church *at Las Trampas is rich with colonial art. Outdoor choir loft is still used on festival days. For a look inside, the sexton will bring the key*

galleries offer authenticated Spanish Colonial antiques (usually pieces imported from the Philippines rather than indigenous works). Antique prices will discourage all but the very serious collector, although there is always the unlikely (but not impossible) chance of finding an underpriced "discovery" in the clutter of a small shop or secondhand store.

Colorful Spanish markets and local



NORMAN A. PLATE

López family *at Córdova: George López (left), the patriarch, finishes a Virgen de Guadalupe; Gloria López Córdova (right) works on small animal figures which she displays and sells in her living room. Their homemade signs welcome visitors*

craftsmen fairs are other good places to see and shop for Spanish crafts. Of note are the Spring Festival (April 30, May 1) at the Old Cienega Village out near the Santa Fe racetrack south of town, the Arts and Crafts Fair (June 24, 25, 26) at the Albuquerque fairgrounds, and the Spanish Craftsmen Market (July 30, 31) on the Santa Fe Plaza. For a complete calendar of such New Mexico events, write to the Dept. of Development, 113 Washington Ave., Santa Fe 87503.

Visiting the back-road workshops

You can also buy directly from some of the craftsmen in their village workshops and studios. The map on the next page outlines a 50-mile detour off the main highway north of Santa Fe, leading through the hill villages of many Spanish craftsmen.

John Trujillo *beats the weft in classic Rio Grande blanket in his studio at Chimayó*

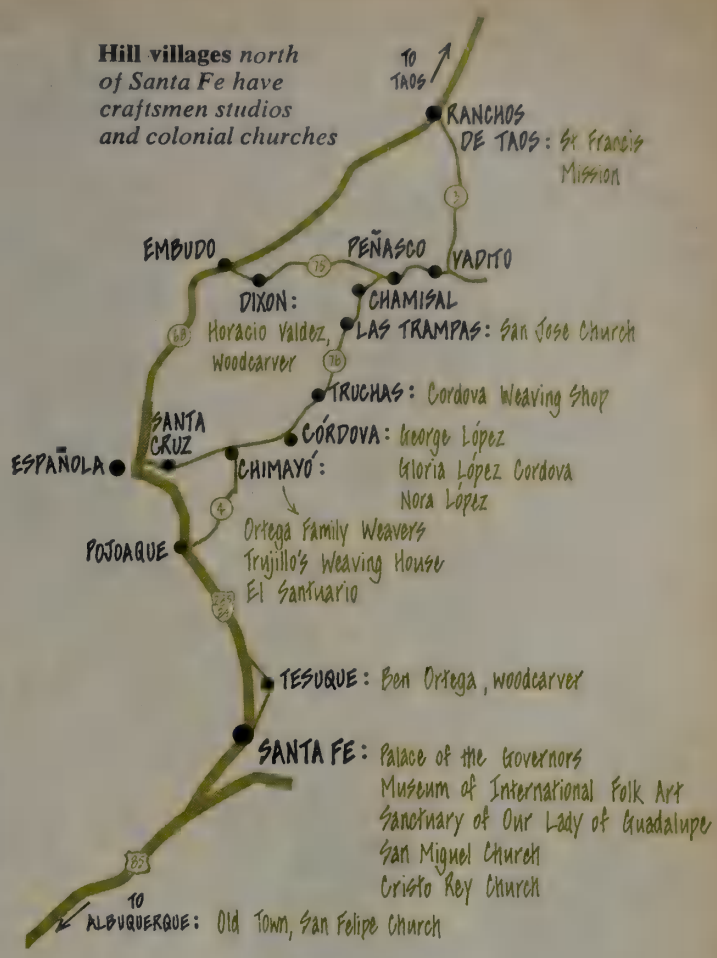
Córdova family *at Truchas makes fine weavings in contemporary colors. Sangre de Cristo Mountains rise behind*

The drive itself is an off-the-beaten-track alternative between Santa Fe and Taos with little traffic. Some woodcarvers and weavers work secluded in their own homes, preferring to sell through the studios of craftsmen/entrepreneurs; our map lists only the names and locations of craftsmen who will welcome your visit. Quality is sometimes uneven and not always up to what is offered in the museum shops of Santa Fe.

Parts of the village-loop road may still be spotty with snow this month (most of the villages are up around 8,000 feet), but at lower elevations the route winds through blossoming apple orchards and patches of spring wildflowers. Summer visitors might take along a picnic and explore the glades of Carson National Forest which the road cuts through, or fish for rainbow trout in the roadside

50-mile detour north of Santa Fe takes you to the workshops

Hill villages *north of Santa Fe have craftsmen studios and colonial churches*



Rancho Chimayó *restaurant offers patio dining, makes a pleasant stop along crafts detour suggested on map*

TERRY AND LYNTHA EILER

Heirloom *blanket is displayed by David Ortega at Chimayó studio of Ortega Weavers*

streams around Peñasco. In autumn it's a splendid apple drive; roadside stands sell baskets of aromatic Chimayó apples and strings of bright-red chile peppers.

An early-season visit to the crafts workshops has this advantage: Craftsmen frequently spend the winter replenishing their inventories and you may find a better selection. Woodcarvings range in price from a few dollars for a small animal figure (rabbits and birds are popular subjects) to several hundred dollars for an elaborately carved figure or grouping. About the simplest woodcarving we found was a small, 3-inch-long cross ($1.50) of aromatic cedar; the most elaborate was an extremely complex "Temptation of Eve" (unfinished at the time) featuring Adam, Eve, the devil, a full-leafed Tree of Knowledge bearing the forbidden fruit, and a miscellaneous cast of birds and animals (it will probably be priced at over $1,000).

Rio Grande and Chimayó blankets (about 2½ by 5 feet) sell for around $100; larger blankets and custom designs start at about $200. Prices are fairly rigid and do not invite negotiation; quality varies. If you don't find what you want in stock, most craftsmen will weave to your order and send the completed blanket through the mail. □

The Changing Western Home®

DARROW M. WATT

Sun control idea: match-stick blinds moved outdoors

When the John F. Armbrusters of Reno installed new fabric drapes inside, they moved their old match-stick blinds outdoors—traverse rods and all.

When afternoon sun strikes the 35-foot-long living room window, the outdoor blinds block the glare, keep some heat out of the house, and keep sunlight off the furniture. Drawstrings at either end allow the owners to open the blinds easily whenever they want to enjoy a valley view.

The blinds have withstood the elements for about three years. To keep wind from knocking them around, they're fenced along the bottom by a tightly strung length of cable mounted on 6-inch L-brackets (see photograph at right). Eaves protect them from rain except during the strongest storms.

PETER O. WHITELEY

Cold, hot, and super-hot water where and when you need it

Point-of-use water heating is not a new idea; in many parts of the world small heaters located in baths or kitchens produce hot water where it's needed.

In-Sink-Erator has just introduced two new small-capacity water-heating systems that can provide hot, warm, and cold water in remote locations such as bars or half baths—where long runs of conventional hot-water plumbing might be impractical and wasteful.

The new Ultrawarm (about $152) and Ultrahot (about $175) systems each have a faucet lever that provides both cold and warm water. But the Ultrahot system (pictured in the two photographs at left) also has a push button that can dispense 190° water for tea, instant coffee, and any instant foods.

Though the tanks are small (½ gallon) they have a fast recovery time (Ultrahot can produce 60 cups at 190° per hour). They usually mount under the sink and plug into a 110-volt circuit. Like refrigerator ice makers, they require only a ¼-inch copper cold-water feed line.

Because the heaters are directly below the faucet, there is no water waste while waiting for hot water; in 24 hours they use about the same amount of electricity as it takes to heat a similar amount of water on an electric range (which costs approximately ⅓ cent). For further savings, the systems could be linked to a timer or a switch.

NORMAN A. PLATE

Black pebbles help heat this pool

Buried in concrete 2 inches below the strips of black pebbles shown above is 360 feet of ¾-inch copper tubing (about $375 worth). Water pumped through the tubing from midmorning to midevening gains 5° to 6° of heat.

Unsightly cracks near the pool edge got owner-architect Ellis Jacobs of Palo Alto, California, started on this project. For about $150 he removed the cracks by having a commercial concrete cutter take out two 18-inch-wide strips, one 15 feet long and the other 50 feet long.

Before repouring, a manifold of tubing was laid. For each strip, three lines run one direction and three lines run back. A 1¾-inch line connects each loop to the pool filter and pump.

With the concrete poured, but not quite set up, Mrs. Janina Jacobs pushed in hundreds of shiny black beach pebbles from Mexico, polishing them with burlap rags as the concrete set.

Not only do the heat-absorbing pebbles supplement the oil-fired heater and two solar panels already in service, but they also create a cooler path around the pool—ideal for stretching out a bath towel and sunbathing on hot days.

Pressurized tank replaces your gravity-feed tank

Since 1882, when Thomas Crapper invented his Sanitary Water Waste Preventer, there have been countless variations and a few improvements on the water-flush toilet. Here's an idea that uses air to help save water.

The plastic and metal Flushmate Tank shown here, which will bolt on in place of most porcelain tanks, takes advantage of a home's water pressure (usually 30 to 80 pounds per square inch). As water fills the tank, air is also drawn in through a special valve; the water pressure compresses the air in the tank. When the flush button is depressed, the compressed air forces the water through the bowl with extreme energy.

With this high-pressure tank, conventional bowls that normally require 5 to 7 gallons or more will flush efficiently using only 2 to 2½ gallons. The sudden "ptoosh" of the pressurized flush takes a little getting used to, but it's actually not much louder than a conventional flush—just surprisingly sudden. A plastic cover (available in white and 53 colors) covers up the tank.

Look for the tank (about $70) at plumbing outlets, or write to Water Conserver Co., 10,000 Santa Monica Blvd., Los Angeles 90025.

Plastic joints for lightweight construction

Nailing into lightweight lumber can result in split ends and wracked nerves. Pictured here is a new plastic product called Big A, which can make it easy to join 1 by 2's (milled size is ¾ by 1½ inches) for sheds, greenhouses, awnings, and similar structures.

The product is sold in hardware, lumber, and home-improvement stores in packets of three 60° A brackets (about $2) or four 90° brackets (about $2.60); see sketches below.

Latin American picnic pies
...*empanadas*

Make and freeze, bake at last minute, wrap to keep hot

In many Latin American countries, cooked vegetables and meats are wrapped in pastry and baked to make delicious turnovers or pies called *empanadas*. They come in all sizes, shapes, and flavors to eat as appetizers, snacks, or light meals.

Our meal-sized empanadas are plump with spicy cheese, vegetable, meat, or chicken fillings. Eat them hot from the oven or take them to picnics, ball games, or on hikes for a neat self-enclosed meal (the cheese-filled pies are best when served hot).

You can assemble them completely ahead, freeze them unbaked, then bake just before leaving. To keep them warm, wrap each empanada in a cloth napkin or a double layer of paper towels, or paper napkins, then wrap in a double layer of foil. Pack in an insulated bag or paper bag. They will stay warm up to 3 hours.

Latin Picnic Pies *(Empanadas)*

Cheese or vegetable filling (recipes at right) or meat or chicken filling (recipes on page 220)
4½ cups biscuit mix (baking mix)
1 cup water
1 egg mixed with 1 tablespoon water

Prepare your choice of filling.

Stir together the biscuit mix and water to form a soft dough. Divide the dough into eight equal pieces; knead each piece into a ball. Roll out one ball at a time on a slightly floured board to make an 8-inch circle; place about ¾ cup filling in center of circle. As shown in the photograph at right, bring edges of circle together on top of filling, lightly moisten edge with water, and pinch edges together with a decorative fluting pattern to seal. With a spatula, lift pie to a large ungreased baking sheet.

Repeat rolling, filling, and fluting for remaining 7 pies, placing them about an inch apart on baking sheets (you'll need 2 large sheets).

Prick tops of pies with a fork. Brush each all over with the egg and water mixture, and bake, uncovered, in a 400° oven for 25 to 30 minutes or until crust appears firm and golden brown. Let cool on racks just slightly, then serve hot. Or cool completely, wrap each pie in foil, and refrigerate as long as 2 days; to reheat, bake uncovered in a 350° oven for 15 minutes or until hot throughout.

To freeze, place unbaked pies in the freezer, until frozen solid, then wrap each pie individually in foil; return to freezer until ready to use. To bake, place frozen pies on baking sheets and place, uncovered, in a 425° oven for about 30 minutes or until hot throughout. Makes 8 picnic pies.

Cheese filling. In a wide frying pan, melt 3 tablespoons butter or margarine over medium heat. Add 1 medium-sized onion, sliced, and ¾ pound mushrooms, sliced. Cook, stirring, until all liquid evaporates. Stir in ½ cup raisins, 1 teaspoon salt, ½ teaspoon ground allspice, and 1 can (2¼ oz.) sliced olives, drained. Cool. Stir in 3 cups (12 oz.) diced jack cheese. Cover and chill if made ahead.

Vegetable filling. Place 3 medium-sized carrots in a pan with enough water to cover; bring to boiling, then reduce heat and simmer 10 minutes, or just until tender. Drain; cut into 1-inch pieces and set aside.

In a frying pan set over medium heat, melt 4 tablespoons butter. Add 1 large onion, chopped; 3 cloves garlic, minced or pressed; 3 stalks celery, cut into ½-inch slices; 1 large pepper, cut into 1-inch squares; 2 medium-sized zucchini, cut into ½-inch slices; and ½ pound mushrooms, halved. Cook, stirring constantly, just until onion is limp.

Stir together 2 tablespoons flour; ¾ teaspoon *each* basil leaves, oregano leaves, and ground cumin; and ¼ to ½ teaspoon cayenne. Add to vegetables stirring until blended. Add 1 can (1 lb.) pear-shaped tomatoes and liquid (cut tomatoes into pieces), and ¼ cup water.

Cover and simmer 3 minutes. Uncover and cook, stirring, over medium-high heat until liquid evaporates, filling is thick, and vegetables are tender; it takes about 5 minutes. Stir in the reserved carrots, 1 cup (4 oz.) shredded jack cheese, and salt to taste; cool. Cover and chill if made ahead. □

DARROW M. WATT

Spicy filling *of your choice gets spooned onto center of dough circle. Pull up the edges, press together, and crimp to seal*

Hot picnic bundles. *After baki wrap in napkins and foil to ke warm on way to picnic. Serve w juice or white wine, che tomatoes, fruit and cook*

DON NORMARK

Woodinville, Washington

Steven and Rolynn Anderson began with no experience, built their precut home in a year of off-hours work. Cost: $11 per square foot

Lake Tapps, Washington

Robert and Myrtle Alexander erected their cedar structure in six months; they hired subcontractors for foundation, flooring, plumbing, heating, brick work. Cost: $31,000 ($20 per square foot)

Is the precut house a bargain?

It depends. You get the frame cut to fit, the windows and doors ready to install, perhaps much more, all delivered to your site. But finally, it's up to you

STEVE W. MARLEY

Santa Rosa, California

Jeff Palmer paid $23,000 for this 1,800-square-foot cedar and redwood package, then added $17,000 for site preparation, garage, and other materials. Total: $22 per square foot. He built it in four months of odd hours and reports, "I'm planning another one"

Scotts Valley, California

Friends helped John and Rosie Wakefield assemble this four-deck, 784-square-foot package. Total cost was $17,000 ($22 per square foot)

There is no easy or inexpensive way to build a new house. Labor-intensive professional construction is increasingly costly. And the lowest-cost alternative—building yourself, from scratch—takes skill and courage, and can be difficult to finance.

A middle course attracting more attention these days is the precut house—sometimes called a "package," "prefab," or "prebuilt" house. The structural components, based on standard plans, are factory-cut to exact size before delivery to your site, and in some cases are partially preassembled. Armed with determination, patience, and a good set of directions, you can do much or all of the remaining work yourself—at significant savings.

On these pages we show some of the surprisingly varied assemble-it-yourself homes available today—a considerable evolution from the precut's beginnings in the rustic second-home market. To prepare this report we visited more than a score of families who recently built

Alamo, California

Gary and Lynette Green hired carpenters to put up their 1,300-square-foot hexagon. They worked with the professionals on weekends, then did the finishing work themselves. Total cost: $35,000 ($27 per square foot)

In the factory: *Workman uses a template (left) to preassemble stud walls to precise size. Pneumatic nailer (right) cuts time and cost of adding plywood sheathing*

precut houses. Their costs ranged as low as $11 per square foot for a fully owner-built house (professionally built homes can cost $25 to $40 or more per square foot). They reported degrees of struggle and triumph.

The precut difference

This is a competitive field, with some 40 Western manufacturers active in the home-building market. Plans vary widely from basic boxes and stylized "rustic" structures to more contemporary designs. Packages vary from essentially complete houses (at greatest cost) to bare-bones structures that do not include plumbing, wiring, heating, or finished siding. (In all cases, you must provide the foundation yourself.)

But all packages have some things in common. Much of the tedious and tricky work of basic cutting and fitting is accomplished in the factory, saving you time and wasted materials on the site. Windows and doors are usually delivered preassembled, complete with hardware. You can have the shell of the house in place in a matter of days, a particular advantage in harsh weather.

Most companies will adjust their standard plans to fit your particular needs.

What do you get? Here are typical packages from three manufacturers

We chose these to show the range of materials supplied, and deleted the manufacturers' names to avoid the appearance of recommendation

Type of construction	Standard	Standard	Single wall, open-beam ceiling
Size	1,500 sq. ft. including garage, 3 bedrooms, 1 bath	1,580 sq. ft. including garage, 3 bedrooms, 2 baths	1,550 sq. ft. including loft, 2 bedrooms, 2 baths
Base cost	$23,000, semiconstructed by the manufacturer on your lot	$10,000 without options; up to $30,000 for complete package	$23,000 including roof insulation and shake roof
Floor system	Posts, beams, floor joists; ½" ply subfloor; particle-board underlayment	Posts, beams, floor joists; ¾" tongue-and-groove ply subfloor	Posts, beams, floor joists; 1⅛" tongue-and-groove ply subfloor
Exterior walls and siding	Standard stud walls preassembled in up to 8-foot panels; wood siding installed	Standard stud walls preassembled in up to 8-foot panels; ½" insulating sheathing, ⅝" ply siding installed	Precut interlocking single walls of 4" cedar, delivered unassembled
Roof	24"-spaced rafters with ½" ply sheathing, asphalt shingles	Roof trusses, ply decking; shingles optional	Roof beams, 2" decking (open-beam ceiling); shingles or shakes over 1" rigid foam insulation
Windows	Aluminum slide-by windows (most preinstalled in wall panels)	Aluminum slide-by windows (most preinstalled in wall panels)	Prehung aluminum windows with wood casings attached
Interior walls	½" gypsum board with tape and filler	Can supply gypsum board or prefinished plywood	Same as exterior walls
Doors	Interior and exterior doors and jambs and hardware installed	Exterior doors and jambs with hardware installed; interior doors optional	Interior and exterior doors and jambs with hardware installed
Wall insulation	3½" (R-11) fiberglass batts (including under floor)	Optional	No
Stairways	Precut stringers only; finished tread and risers optional	Precut stringers, treads, risers	Precut stringers, treads, risers, banisters
Cabinets	Wood cabinets	Optional	No
Floor coverings	Vinyl tile for most rooms; carpet in living and dining room	Optional	No
Plumbing	Rough and finished plumbing, partly preassembled, including fixtures	Rough and finished plumbing optional	No
Electrical	Complete—including wall and ceiling boxes, etc., but not fixtures	Optional; can also supply fixtures	No
Heating	Baseboard 220v heaters (electric)	Optional	No

At the building site: *Fork lift (above) unloads preassembled sections from delivery truck. Then workmen lift them into place (right) atop foundation sill*

Preassembly in the factory is less costly (in theory) than hand work at the site

Some will design and precut custom houses—but then you begin to lose the cost advantage of standard plans and modular design.

The range of savings

The amount of money a precut actually saves you depends on several variables —and some luck.

Building by yourself (or with friends) can be an obvious saving if you work with care and can afford the time.

Be very certain, before you buy, that the manufacturer's plans and instructions meet these tests: They should fully conform with your local codes (inspection problems and plan revisions midway through the job can cost you dearly); they should be thorough; and you should be able to understand their trickier parts.

Some manufacturers have field representatives who will stop by while you're building to help you solve any problems; ask about this service. And find out if the contract guarantees replacement of defective materials.

The owner-builders that we interviewed ran the gamut—some did almost every job, some only one or two. You'll always face imponderables with untested skills: Will your plumbing stand up to the inspector's pressure test? Can you wire safely? Can you build a leak-proof roof? Remember, if the work goes slowly, that you usually can't occupy the structure until after its final inspection—so can you afford the slow pace of learning while you work?

As our photographs suggest, many Westerners have answered these questions with a resounding *Yes*. They turned the building job into an adventure in which pride of achievement more than outweighed the delays and the headaches encountered along the way.

Professional subcontractors are your alternative for help. They will add to your total expense, but their speed and skill may be well worth the cost in such areas as plumbing, sheetrocking, electrical wiring, and cabinet work. And by serving as your own general contractor, you can still save the 15 percent or so that a professional usually charges for his supervisorial services.

But allow for the problems involved in locating and coordinating various subcontractors. A professional contractor has reliable regulars that he can call upon; you'll have to shop around—and pay the overhead for "freelance" subcontractors who must bid on several jobs for each one they receive. You promise no repeat business, so the subcontractor may not give you his finest effort or be as prompt as you like, bringing irritating mid-job delays.

It's best to hire a fully licensed subcontractor and make sure he takes out the necessary permits; this helps guarantee you legal recourse if he doesn't perform, and it saves you the complication of withholding taxes and providing workmen's compensation insurance for individual workmen.

As a self-contractor, you may find you can get local discounts for materials—electrical, plumbing, and the like—not included in the precut package; be sure to take advantage of this.

Getting started

You need a site, a firm idea of the kind of house you want to build, and sufficient capital. Make a rough site plan, and check with your local planning and building officials.

Then shop among local precut suppliers; check advertisements, and look under Buildings—Precut, Prefabricated, & Modular in the yellow pages. Write for brochures (some may cost a dollar or two).

When you talk to a salesman, be ready with specifics. Ask about preparatory work that you must provide—grading, foundation, sewer hookup or septic tank. How complete a package will your budget and tastes allow? Review the package instructions, and check the plans with your local building department (some firms may charge you for providing complete plans before purchase). Any modifications, from the building inspector or from you, need to be included in the final working drawings.

At this point, you might pay a contractor to analyze the plans to see precisely what you're getting; he may be able to estimate the cost of any additional components you'll need. One owner that we interviewed thought he was getting a "complete" package for $17,500; it took an extra $10,000 to finish it. He also

First the outside: *Helping hands raise preassembled wall panels (this one is framed for a window)*

Then the inside: *He ponders stair construction. With the house shell up, detail work slows to fit your convenience*

received mismatched parts, and had trouble getting the company to correct the mistake once he'd made the final payment. That's why it's wise to ask the salesman for the names of other buyers in your area; they may have worthwhile comments and suggestions for you. If he can't give you such names, consider switching to another supplier.

When you're deciding which optional items to order along with the basic framing package, remember that the best values in interior paneling and other finishing materials are often available locally. Take time to do some competitive pricing before you add to the order.

Generally, your contract should specify that all materials are suitable for their intended jobs and will meet local building requirements. At signing time, you'll be expected to make a down payment of 10 to 20 percent of the total contract price; the rest is due before or at final shipment.

As in other fields, it's possible that a serious disagreement will develop between you and the supplier. If it can't be settled amicably, a civil suit may be your only recourse. (*Sunset* checked the financial backgrounds of several precut companies and found a few suits pending.)

But in our interviews with home builders we found that most were satisfied with the components that were delivered and with the suppliers' follow-up service. Some were more than satisfied—they were delighted.

When the package arrives

If you can, arrange for a split shipment: basic shell first, then everything else when you're ready for it.

Time the first shipment to arrive after the foundation is complete. Check it against the inventory list or detailed specification sheet before signing the bill of lading. Have plastic sheeting ready to cover everything in case of rain.

A house is a big load. The company may

Financing is often the big problem. Here are suggestions, cautions

Arranging the financing for a precut house can be as much of a problem as the actual construction.

The problem: Lenders generally provide a purchase and construction loan only when the work is done by a licensed contractor with a good performance record. But hiring a general contractor of course eliminates much of the saving involved in doing the work yourself.

The lenders reason that too many things can go wrong in the hands of an untrained builder. Delays, unexpected costs, or improper work can lead to an incomplete or substandard structure—insufficient collateral for the lender, since a house in that condition is hard to sell. Lenders generally like to see the work done and approved within six to nine months.

However, you can usually get a short-term personal loan for construction (for perhaps ½ percent more than the mortgage rate for an existing structure) if you have other assets sufficient to serve as collateral. (The unimproved lot that your home will be built on has insufficient value by itself to serve as security.)

You have a choice of strategies. Some manufacturers finance one-year construction loans themselves, but at possibly higher-than-typical fees. Some can help steer you to a local lender who knows the product line and has good precut lending experiences. The manufacturer may guarantee to finish the house if you cannot; but he must meet the lender's licensing and experience qualifications for contractors, and the labor costs to you could be considerable.

Many lending institutions have had only limited experience with the precut market, and they approach it cautiously. Don't be afraid to shop. The credit-worthiness of your situation is what counts, and different lenders may assess it differently based on current financial conditions and their own experiences with precut houses.

Once the house is built and has been approved, you can convert the short-term loan into a long-term standard mortgage.

Complex joinery *in this hexagon was precut in the factory, assembled by owners*

RICHARD DAWSON

And now it's done. *Stairway built, walls finished, lights wired, floor laid, shelving up. Owners James and Lynda Frantz of San Carlos, California, expressed disbelief that they'd done it themselves. But they had*

provide a fork lift and driver, or you may have to hire one. You can rent a fork lift, but it can be difficult and dangerous to handle without experience.

You'll need friends to help with framing and roofing—the structural members and preassembled panels can be heavy, and you may want to work fast to get the house closed up and weather-secure. A precut partially assembled at the factory can be up in two or three days.

Once the walls are up, you can work at your own speed; and the work is much like that of any construction project. Gypsum board, for example, whether delivered as part of the package or bought locally, still needs to be cut, nailed, taped, and filled.

You might want to supplement the package instructions with additional home-building manuals—or by hiring a builder or tradesman as a consultant to help get you started. This can help you greatly with such technical but repetitive jobs as wiring and plumbing; once you've wired your first few switch boxes or aligned your first plumbing run, you'll have the confidence needed to finish the rest on your own.

Toward the end of the job

At some time in the construction process you'll start to slow down; this is when it's nice to have money set aside to hire a job done. Watching a professional come in and quickly finish the walls or flooring can give a real lift to a weary builder—and speed the day when you can look around you with pride and satisfaction in your completed home. □

Owner-built *stone hearth is the centerpiece of this contemporary model*

DON NORMARK

He'll do it again. *Jeff Palmer is proud of his craftsmanlike touches (for an exterior view, see page 105). He concludes: "I don't understand why anyone would want to have this work done by outsiders. It's an easy house for one person to put together by himself. I'm planning on doing another one"*

STEVE W. MARLEY

Backyard gymnastics

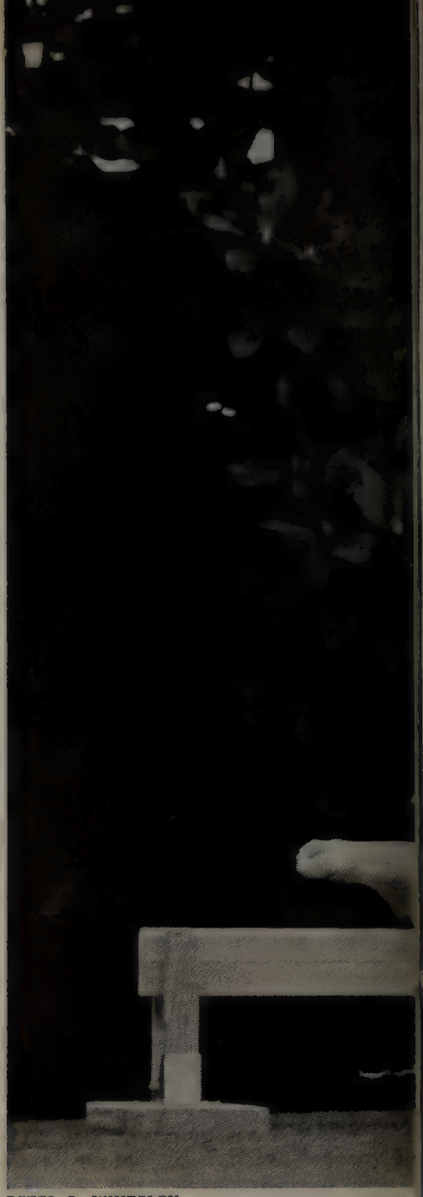
Parallel bars, balance beam, handstand assists, all quite easy to make

You don't have to be a Nadia Comaneci to enjoy backyard gymnastics. Stretching, toning, and strengthening muscles are what this simple homemade equipment is all about. It's for adults as well as children, beginners as well as athletes. You can use each piece several ways; if it brings out the ham in you, all the better.

The devices aren't meant to be professional. Scaled-down dimensions and readily available materials recommend them for amateur builders and garage or patio storage. Use waterproof resorcinal glue, and coat wood with a nonslippery exterior polyurethane or marine varnish to withstand the weather.

As you put the equipment together, keep safety in mind. Round all sharp edges and sand the wood vigorously. It's best to use the devices on level grass or ground.

The drawings below tell you what you'll need to buy. □

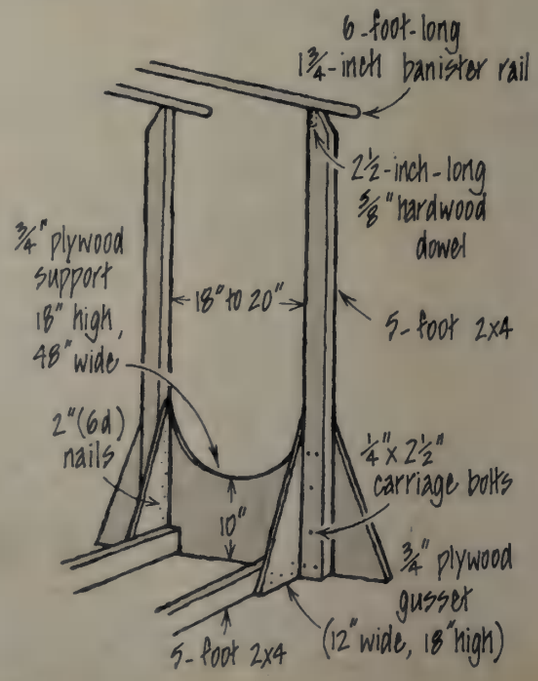


PETER O. WHITELEY

JERRY FREDRICK

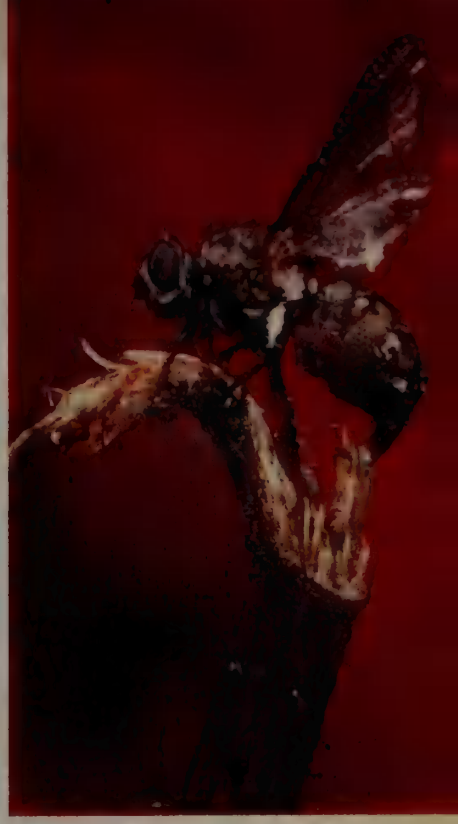
Shortened parallel bars

Saw tapered tops on four 2-by-4 uprights and drill holes for dowel plugs 1½ inches deep. Cup plywood base pieces as indicated and glue-and-nail or bolt to uprights. Drill an inch-deep hole 6¾ inches from end of each rail, insert a plug, then carefully sight and drill holes at the other ends; glue in place. Sand all edges smooth.
Uses: arm walking, arm dips, leg lifts, leg swings



Short-horned grasshopper *on Oregon grape leaf. At lower left is the femur of his powerful hind (jumping) leg*

Stink bug eggs *on a zucchini leaf. Soon egg tops will open like can lids and out will pop the new generation*



Dead fly *atop rose stem. While dying with fungus disease, it froze permanently on its perch. White spores exuding from rear leg will spread and infect other flies*

JAMES CAREY

Hover fly *eats pollen and nectar on Japanese anemone. As a larva, this creature ate its fill of aphids. There's a furrier kind of hover fly on the next page*

Western tiger swallowtail *takes nectar from a zinnia in July*

Your garden is the bedroom, obstetrics ward, nursery school, cafeteria, dueling ground, and dying place for hundreds of kinds of six and eight-legged creatures.

Starting in April and May, the tempo of insect and spider activity begins to pick up noticeably after a relatively quiet fall, winter, and early spring. Through the middle part of the year a garden becomes a zoo of interesting tiny creatures for any person who takes the time and the slight effort needed to behold it.

You might as well learn to behold your small-creature zoo and enjoy it. The six and eight-legged organisms are going to be residents and guests at your place as long as it has trees, shrubs, and other plants for them.

With those facts in mind, last year *Sunset* commissioned James Carey, an entomologist-photographer (and Ph.D. candidate) at the University of California at Berkeley to bring his swift and accurate gear into two gardens once a month from May through September to photograph whatever small living things he could see on the plants there. The two sites were home gardens in Berkeley and Atherton, California.

On these pages and on the cover you see 17 of Mr. Carey's photographs (showing 16 kinds of insects and spiders). If you're a naturalist or a photographer you can use the pictures as a starting point in identifying or photographing these and other small creatures.

If you're an everyday gardener with no

Two spiders, one in action, and a legendary relative

JAMES CAREY

Lynx spider *guards her egg shroud on ivy leaf. Most spiders have eight eyes and eight legs*

Daddy longlegs *on a rose leaf. It has eight legs but only two eyes. This spider relative likes ripe fruit*

Crab spider *in marigold (top picture) waits for something edible (it's also checking the photographer).* **Lower picture:** *It ambushes a skipper butterfly, which it will now eat. Spider walks sideways, spins no web, tones color to blend with lair*

Three busy garden drinkers. One is the honeybee

Paper wasp *drinks from cut calla lily stalk. It kills insects to feed to its larvae*

Honeybee *on an anemone. Yellow blob on hind leg is pollen to be mixed with honey and fed to young in hive*

Hover fly *looks like a bee but is more closely related to the housefly. This one takes nectar from a cineraria*

special interest in cameras or bug books (see page 291) getting to know these 16 arthropods (animals with jointed legs, outside skeletons, bodies in segments) will help you better understand the whole world of tiny life in your garden.

The point of getting to know insects and spiders should not be to learn how to kill them. Only a few ever need to be killed. Applying insect-killing materials often brings new troubles, because the chemicals upset the natural system of checks and balances that the arthropods have among themselves. With thousands of creatures of several hundred kinds rubbing shoulders in one garden, it's a micro-bazaar with each citizen bustling through its life obeying some tough natural laws and a very tight schedule.

But this system can be thrown out of kilter when a foreign insect comes in. The local parasitic and predaceous arthropods may not keep it in check by eating it or laying eggs in it. This is why such exotic insects as the gypsy moth spread so fast and do so much damage.

Keep an eye out for strange insects and unusually large concentrations of insects. Report them immediately to your county agent and county agricultural commissioner. For example, in San Jose, an outbreak of gypsy moth (a foreign insect with no local predators) is now being fought by government agencies. The job might have started a year earlier and been less costly if the authorities had known of the unusually heavy infestation of caterpillars the previous year.

Of the spiders and insects in the pictures, only a few do any serious damage in home gardens. The stink bug adults damage caneberry fruits, the larvae of the Western tiger swallowtail butterfly eat foliage of a few kinds of trees, the spittlebug is a visual nuisance, and the grasshopper infrequently damages landscaping plants or seedlings. The other 12 just live their complicated lives, much of which is keeping each other in check, and don't hurt your plants at all.

Some have eight legs

These are the arachnids—spiders, mites, scorpions, and such. They all have two body parts—a fused head-thorax and an abdomen. Most (but not all) have eight legs. Young spiders resemble their parents in appearance and life style (not the case with all arthropods).

Crab spider. You see it on the opposite page waiting for and then eating a skipper butterfly. Crab spiders have become so specialized for this waiting game that the four front legs have become lengthened and strengthened for the lethal embrace. That's why this spider commonly walks crablike—sideways or backwards. The hind legs grip the flower while the four front legs struggle with the prey.

Lynx spider. This spider is a wandering hunter with no need for a web. It courses through grass and low vegetation, pursues and leaps upon flies, leafhoppers, other spiders, whatever it can catch and kill.

Daddy longlegs. Its oval-shaped body swings down among its eight legs while it walks with it knees held high. The fragile legs detach easily, probably as an escape ploy against attackers. The aggressor ends up holding a leg or two which continue to twitch while the owner of the legs runs away.

And some have six

These are the insects. They have three body parts—head, thorax, and abdomen—and six legs. Some never have wings, others develop one or two pairs of wings. We present the insects here from most primitive to most advanced in terms of evolution.

The first five—katydid through stink bug—are primitive. They develop as nymphs, resembling their parents except that they have no wings.

Katydid. It eats plant tissue but the holes it makes don't bother most gardeners; in a rosebud they bother perfectionist rosarians. To lay its eggs, the female katydid splits leaves along their edges and inserts eggs between the two layers.

Short-horned grasshopper. For some reason, grasshoppers are far more damaging on farms than in gardens. They prefer field crops (grain, corn) that aren't grown in big quantities in gardens. Grasshoppers are active and make noises by day; katydids mainly sing at night.

Snakefly. That's a female in the photograph (upper left, page 112)—at the back end you can see her long egg-layer or ovipositor. The adults eat living aphids and other small insects. The young are predatory larvae that live under the bark of dead trees, where they attack immature beetles and other wood-boring larvae. Protect and treasure a snakefly if you find one.

Spittlebug. The young blow up bubbles to make that coating of foam (page 112) that hides them from lynx spiders, parasitic wasps, and other predators. The adults fly and rove about freely. In both stages the creature itself looks like a tiny squat frog.

Stink bugs. The adults feed on plants and other insects (mostly on plants). They're known for producing a strong, disagreeable odor when provoked. The eggs, shown at top center on page 113, were glued to the leaf by the female.

The last eight insects—three flies, three butterflies, a wasp, and a bee—are more advanced. They go through a complicated life cycle: egg, larva (or maggot or caterpillar), pupa, adult. Each stage looks quite different from the others.

Anthomyid fly. The infested fly in the photograph at top right on page 113 is a close relative of the house fly and other flies that beget root maggots. When its skin breaks, air currents and rain will carry the fungal spores to the ground to further propagate the fly-fatal fungus. The dead fly in the photograph is a kind whose larvae eat fungus, molds, and decaying matter. It commonly develops in wet garden mulches.

Hover fly—the hairy one. This harmless insect is also called drone fly. It has evolved an appearance so similar to the honeybee's that most animals (including people) mistake it for a bee and leave it alone. Although the adult, shown in the photograph at lower right on the opposite page, flits among the flowers, its larvae grow up as maggots in foul places—stagnant water, rotting fruit, decaying organic matter. This fly, and the next one on the list, can hover in the air like hummingbirds.

Hover fly—the smooth one. As you see in the big picture on page 113, it also spends its adult life among the flowers. But its larvae do not live in rottenness. The adults lay their eggs near aphid colonies and when the predaceous larvae hatch they must crawl only a short way for their first aphid meal.

Skipper butterfly. One is becoming dinner for a crab spider at center right on the opposite page. Before California was urbanized, skipper larvae fed on wild grasses in the foothills. Now they do better in suburbia where they live on lawn grass but seldom do serious damage to it.

West Coast lady. The butterfly with the catchy common name also has a poetic-sounding scientific name: *Cynthia annabella.* Its larvae commonly feed on *Malva* plants (mostly weeds). The West Coast lady on our cover is hairier than most that you might find—it was young and hadn't worn off its youthful coat yet.

Western tiger swallowtail. This is one of the largest and most common of our butterflies. The caterpillars feed on foliage of sycamores, willows, aspens, and some fruit trees. If you disturb the pale green, purple, and orange caterpillar it responds by sticking out a fleshy forked organ from behind its head.

Paper wasp. It suspends small, gray, papery combs from the rafters or ceilings of tool sheds, patios, and other elevated structures. It polices the garden, capturing caterpillars and other plant-eating insects.

Honeybee. This is the only insect shown here that feeds its young on nectar and pollen. The others either feed them animal food or let them shift for themselves.

Close-up lens attachment *(left) just screws on; it's the least expensive way to photograph insects. We photographed honeybee (above) with this attachment and with three other systems as well*

Macro lens *is an expensive (up to $400) piece of optical equipment specifically designed for close-up work. We found that pistol grip made it much easier to hold flash unit and camera while shooting at the same time*

GLENN CHRISTIANSEN

Extension tube *consists of rings (three here) that fit between camera body and lens; it's an inexpensive but sometimes awkward way to increase lens-to-film distance. That brings you closer to your subject*

Insect close-ups. Four ways to go if you have a proper camera . . . $6 to $400. Compare the bees

A range of camera accessories can open the door for almost any photographer who wants to enter the garden world of insects. Start with a single lens reflex camera with an interchangeable lens. An inexpensive electronic flash unit is necessary for shooting some insects.

(Close-up flash photography, though, can be tricky. Use a flash when you want to capture minute details of form, not the nuances of color that distinguish insects like the butterfly on our cover—shoot those with available light. At right is advice for the times you do shoot with a flash unit.)

Onto the camera and the flash unit you can add a variety of gadgets, depending on your interest and the amount you'd like to spend. You can get almost as much magnification with the least expensive device as with the most expensive—you pay for convenience and the quality of the image. We'll describe two lens systems and two devices that move your lens closer to the object you want to photograph.

When placed in front of your regular lens, a *close-up lens attachment* ($6 to $16) acts as a magnifying glass and allows your lens to photograph small objects. But it may distort and blur the

PETER O. WHITELEY

JAMES CAREY

Bellows *works like an accordion to move your lens back and forth. Our cover photographer, James Carey (left), uses it and other specialized devices like a bellows lens and attached flash units*

image. For greater magnification, you can use more than one close-up attachment—but again each added attachment will end up reducing the sharpness of your photograph.

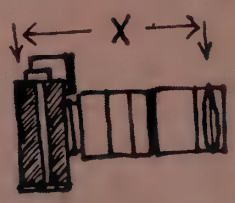
Because it replaces your regular lens and is designed for close-up work, a *macro lens* will give you sharper pictures than a close-up attachment will, but at a steeper cost ($200 to $400). Its optical secret is a flatter than normal lens surface; a $5 ring adapter may approximate the same effect by letting you reverse your regular lens so its flat surface faces outward, but you can't really duplicate the macro's convenient built-in extension device.

An *extension tube* is used with lenses that don't contain built-in extension devices to bring the lens closer to the object. An inexpensive set may cost only $20, a top-of-the-line model $90. They can be unwieldy.

Like an extension tube, a *bellows* moves your lens closer to the insect. But it reaches farther, is easier to use, and more costly ($100 to $200).

This list of equipment is actually just a start. Serious photographers might want to buy more. (For example, we found a pistol grip very helpful.) Whatever equipment you choose, familiarize yourself with it. Shoot flowers first, then grasshoppers, bees, and other more stationary insects, then move on to the spectacular, fluttery butterflies. And in addition to our flash guide, you might want to study the books that are listed on page 291. □

When you use flash, distance is critical. Here is help



When you take flash close-ups, it's vital to hold the flash at precisely the correct distance from the insect. Use the formula outlined here to determine that distance. (The formula is based on a fully charged flash, so wait until yours is ready before you start to shoot. Also make sure your flash is synchronized with the camera's shutter.) The formula has five steps.

1. Determine the **guide number** of your flash unit. To do this, set the flash unit for the ASA number of your film (the color photographs on preceding pages were taken with Kodachrome with an ASA of 64). Multiply any one of the unit's listed distances by its recommended *f* stop. (On our unit for our ASA of 64, a distance of 5 feet requires an *f* stop of 16; so 5 × 16 = 80, and that's our guide number.)

2. Next, select the **f stop** to use. With a flash you can use a small aperture such as *f*/11 or *f*/16 for a greater depth of field. (We'll use *f*/16 in our example.)

3. Now measure the **lens-to-film distance** in millimeters. Most cameras have a line (on some it's simply the serial number—check your owner's manual) that tells where the film-plane lies. Measure from that line to the center of the lens. The greater the distance, the closer you can get to the subject and the larger the film image will be. (For our camera with three extension tubes, the distance was 150 mm.)

4. Figure your **effective f stop.** The formula (with our numbers in parentheses to serve as examples) is:

$$\frac{\text{Lens-to-film distance (150mm.)}}{\text{Focal length of lens (ours was 50 mm.)}} \times f \text{ stop (16)} = \text{Effective } f \text{ stop (48)}$$

5. Now find your **flash distance** in feet:

$$\frac{\text{Guide number (80)}}{\text{Effective } f \text{ stop (48)}} = \text{flash distance (1.7 feet)}$$

That's how far from the insect you should hold the flash unit.

Proof of the pasta *is in the eating: homemade wheat noodles with carbonara sauce*

Chewy health noodles

Not from the health food store but from your own kitchen. They're nutritious

Some interesting things happen when you make homemade ribbon egg noodles using whole wheat, rye, or buckwheat flour. They have a chewy, yet tender texture and a healthy, whole grain flavor. And after you've tried ribbon noodles, you might use our whole grain doughs, cut differently, for other pastas like ravioli, cannelloni, or lasagna.

If you've made pasta before, you know the dough itself is quick to mix; it's the rolling and cutting that take time, space, and patience. So why not make it a family project or enlist the help of a few friends and turn it all into a party, followed by dinner featuring the delicious results?

You can shape and cut your noodles by hand or consider investing in a hand-operated pasta machine like the one shown at lower right. It clamps to a table or counter to roll and cut dough. You can find such machines in cookware and department stores for $30 to $50.

For a party, serve your noodles with a special sauce such as carbonara (shown at left) or pesto; see page 190 for recipes. Or to go with a meat entrée, simply serve them tossed with butter and grated cheese (directions at right).

Whole Wheat Egg Noodles

- 2 egg yolks
- 1 whole egg
- 2 tablespoons water
- 1 teaspoon olive oil or salad oil
- ¾ teaspoon salt
- ¼ cup wheat germ
- 1¼ cups stone ground whole wheat flour, unsifted
- Additional whole wheat flour for kneading and rolling

In a small bowl, lightly beat together egg yolks, egg, water, and oil. In a larger bowl, combine salt, wheat germ, and 1¼ cups flour; make a well in the center. Pour egg mixture into flour well and mix with a fork. Gather dough into a ball.

Knead on a floured board until very smooth, about 10 minutes (with a pasta machine, knead by hand 3 to 4 minutes, then let the machine do the rest). The dough can be wrapped and chilled up to 4 hours if necessary. Divide into fourths; then roll and cut.

To roll and cut by hand. On a floured board, roll 1 portion of dough (cover remainder) into a rectangle about 5 inches wide, 1/16 inch thick. If dough is sticky, turn and flour both sides as you roll. Cut crosswise in half and set on waxed paper or cloth towels. To make dough easier to handle and cut, let it dry while you roll the rest of the dough.

Starting at a narrow end, roll up each long rectangle, jelly-roll fashion, and cut into ¼-inch-wide strips. Unfurl strips and lay on waxed paper or cloth towels; let dry until all the dough is cut.

To roll and cut with a pasta machine. Slightly flatten one portion of dough; cover remainder. Feed dough through the smooth rollers, set as far apart as possible. Refold into thirds and feed through again; repeat folding and rolling 5 or 6 more times. If dough is sticky, flour both sides each time you roll.

Set rollers one notch closer together and feed dough through (without folding) 2 or 3 more times. Cut length in half so dough is easier to handle. Repeat rolling, setting rollers closer each time. Feed dough through each setting 1 or 2 times until it's 1/16 inch thick (on most machines, this is the third from last notch).

Change to the ¼-inch blade setting; feed dough through. Lay noodles slightly apart on waxed paper or cloth towels. Let dry until all are rolled and cut.

Cook pasta or wrap well; refrigerate up to 2 days or freeze to 1 month. Makes about 12 ounces (4 servings).

Rye noodles. Prepare Whole Wheat Egg Noodles with these changes: Omit wheat germ. Reduce whole wheat flour to ¾ cup and add ¾ cup unsifted rye flour, Use additional whole wheat flour for kneading and rolling.

Buckwheat noodles. Prepare Whole Wheat Egg Noodles with these changes: Omit wheat germ. Reduce whole wheat flour to ¾ cup and add ¾ cup buckwheat flour. Use additional whole wheat flour for kneading and rolling.

Spinach noodles. Thaw ½ package (10-oz. size) frozen chopped spinach. Squeeze out as much moisture you can, then chop as finely as possible. Prepare whole wheat, rye, or buckwheat noodles, stirring spinach into egg mixture and increasing the amount of whole wheat flour by ½ cup.

Pasta with Butter and Cheese

Cook 6 to 12 ounces homemade noodles in 4 to 6 quarts of boiling salted water (with 1 tablespoon salad oil) until *al dente* (tender to bite), 5 to 7 minutes. Drain; turn into a serving dish. Toss with 2 to 4 tablespoons butter or margarine and ½ to 1 cup grated Parmesan cheese. Makes 6 to 8 side-dish servings. □

DARROW M. WATT

Pasta machine *can save time and muscle—it rolls the dough to the proper thinness, then cuts it into ribbons for you. But it's not essential for making homemade pasta, you can also roll and cut the dough by hand*

NORMAN A. PLATE

Once quarantined, *bay waters at Peninsula Beach are now safe for swimming. County health staff takes weekly water samples, keeps track of bacteria count*

This is San Francisco Bay?

It is the comeback of the long-neglected, long-polluted bay. We picture and map one 12-mile stretch of shore. Go study it or just go to experience it and enjoy it

Just southeast of San Francisco's sprawling airport, a remarkable success story continues to unfold—the comeback and cleanup of San Francisco Bay.

Today you can drive, walk, bike, picnic, sail, bird-watch, fish, even swim along attractive shores that were given up for lost a little more than a decade ago.

Instead of more pollution, there is now less and less. And along the San Mateo County shore are a new wildlife refuge, new bikeways, a face-lifted old park, new restaurants. More change is in the works—parks, pathways, an environmental education center.

The San Francisco Bay comeback is an achievement that deserves study by all waterfront cities in the West. It began in 1965 with the creation of the Bay Conservation and Development Commission (BCDC), experimental and temporary at the time but now permanent.

The commission must approve any project that takes place in the bay or within 100 feet of the shoreline—controlling landfill, encouraging public access, weeding out proposals that do not enhance the bay. Its success was first reported in the November 1970 *Sunset*. Since then the California Coastal Zone Conservation Commissions have been modeled along the BCDC concept; recent federal grants have helped fund BCDC studies and programs.

A sunny day *prompts a picnic at Burlingame's Fisherman's Park. Anglers in boat try for stripers off Coyote Point*

Better water . . . fish, shellfish, and birds return

As monitored by the county health department, water quality at Coyote Point's Peninsula Beach—the area's only swimming beach—has improved remarkably over the last decade. Old-time bay bathers tell us the water around Coyote Point is cleaner now than it's been in 40 years. With the improvement in water quality, small marine organisms (snails, crabs, shellfish, and marine worms) are proliferating along the shore. The all-year striped bass fishing is picking up again. Herons, egrets, avocets, willets, sandpipers, and other wading birds attracted by the shoreline bounty are also back in numbers. On an ordinary outing in Foster City last winter, members of a local Audubon chapter spotted over

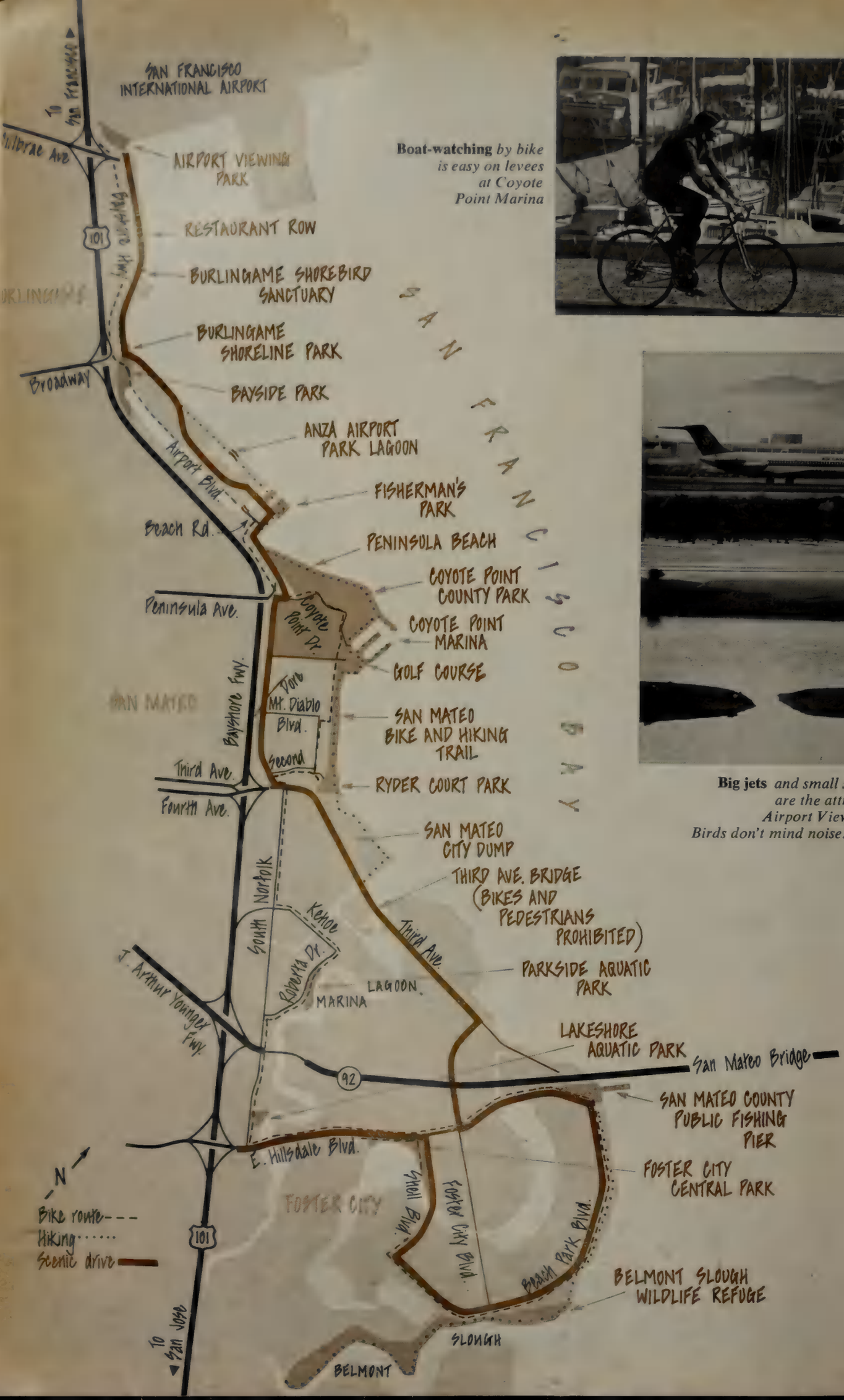
JERRY FREDRICK

Bright morning fog *and scent of eucalyptus enrich a stroll at Coyote Point County Park*

Bay breeze *fills a sail at Burlingame's Anza Lagoon, dredged in 1976*

Braving *the water—60° in May, about 5° warmer than ocean—swimmers at Peninsula Beach romp with San Francisco skyline as backdrop*

Quartet of willets *probe mud flats at Burlingame Shorebird Sanctuary between Charley Brown's and The Fisherman restaurants*



Boat-watching *by bike is easy on levees at Coyote Point Marina*

Big jets *and small shorebirds are the attractions at Airport Viewing Park. Birds don't mind noise. You may*

San Mateo Bridge *arches high above fishermen on public pier—the 4,000-foot-long stub of the old San Mateo bridge*

PETER O. WHITELEY
Wine choice *distracts diners from bay views at The Fisherman, on Burlingame's "restaurant row"*

70 species of birds in just a few hours.

The long-standing but now controversial quarantine on all San Francisco Bay shellfish may soon be reevaluated. Enforcement of the general quarantine is left to the discretion of local health agencies. On a recent walk we couldn't find a single quarantine warning anywhere along the Peninsula Beach shore.

Clam diggers are fairly active in the Coyote Point vicinity (gathering mostly Japanese littleneck clams or "cockles"). Wardens strictly enforce daily limits of 50 clams per person and the minimum size regulations of 1½ inches at largest diameter. Looking to the future, research biologists at the California Department of Fish and Game are studying the feasibility of reestablishing commercial oyster beds along the South Bay shore.

Improving access to the bay ... parks, paths, bike trails

City and county governments have worked together with regional, state, and federal agencies and private business to expand and improve public access to the bay. One very achievable goal now under study is a continuous pathway along most of the San Mateo County bayside, connecting waterside parks and recreation areas, environmental interpretation centers, and wildlife and habitat refuges and preserves. Many of these developments are only in the planning or blueprint stage, but you may be surprised at how much has already been accomplished.

The map at left shows all existing waterside parks and shoreline accesses, and suggests scenic drives, bike routes, and walking paths that take you to the water or near it. Along the way, you'll discover glimpses into bayland marshes, distant skyline views of San Francisco or Oakland, and an incredible variety of birdlife.

Some of the newest developments along San Mateo's bayside include a 57-acre wildlife refuge along the north shore of Belmont Slough (a Bicentennial project for Foster City), a general face-lift at Coyote Point County Park (including a new beachfront parking area and pedestrian promenade), 2 miles of landscaped bike path along the Burlingame lagoon, and an attractive marsh habitat and shorebird refuge nestled among the shoreview restaurants along Burlingame's old Bayshore Highway.

Here are some of the associated developments between Foster City and Coyote Point: a 2-mile levee walk from the Belmont Slough Refuge to the San Mateo County Public Fishing Pier (the west end of the old San Mateo Bridge), a signed bike route along Marina Lagoon through the City of San Mateo, a 1-mile bike and pedestrian pathway along the levee between Ryder Court Park and the Coyote Point Marina, and the bike and pedestrian paths through Coyote Point Park. (You can also walk the bayside perimeter of the San Mateo city dump, but there's no developed pathway, and the adjoining Third Avenue bridge is closed to pedestrian and bike traffic.)

Heading north from Coyote Point you'll find pleasant Fisherman's Park with picnic tables at the eastern end of the Anza Airport Industrial Park, benches and a walkway along the Burlingame lagoon outflow channel at Airport Boulevard, the Beach Road bike bridge at Burlingame lagoon, and a shoreline bridge across the outflow of Anza Lagoon.

Most of the waterfront restaurants in Burlingame's restaurant row (just south of the airport) have landscaped pathways along their baysides. Airport Viewing Park, off old Bayshore Highway near the Millbrae Avenue overpass, lets you watch the big jets arrive and depart from San Francisco International.

Future plans, well into the development stage, call for a $2 million environmental education center at Coyote Point, the construction of a footbridge across the Burlingame Shorebird Sanctuary, the conversion of the San Mateo city dump site into a bayside park, and the extension and improvement of bayside pathways all the way from the airport to Redwood Shores. □

Cut-up lumber scraps make handsome parquet

All it takes is time and energy. Results are sometimes patchwork, sometimes rhythmical

If you're willing to spend some time and energy cutting, gluing, sanding, and finishing your own parquet floor, then you just might find the materials you need in the scrap pile.

Once you've salvaged, cut, and dried the wood, it can be glued onto any type of clean, dry subfloor using the same adhesives sold at flooring stores for conventional parquet floors. If cracks between pieces are a problem, ask a flooring dealer about putty fillers. Your homemade floor can be finished with polyurethane, varnish, or one of the oil products designed for floors.

If you're cutting blocks (such as the three floors at lower right), make them at least ¾ inch thick so they're less apt to break apart. Blocks for these floors were cut with a radial arm saw on the building site. Allow blocks to dry (preferably stacked with spacers so air can circulate) before you put them down so they won't shrink and leave gaps.

The patchwork floor became a five-month project. Besides bringing home wood scraps from the junior college where he teaches, the owner also made regular rounds to cabinet shops that saved scraps for him. He sanded the completed floor with a rented floor sander, then finished it with several coats of tung oil.

The floor in the upper right corner was the result of someone else's misfortune. The blackened and water-warped pieces of wood were on their way to the dump, but with hours of sorting, wire brushing off the old adhesive, and a professional sanding job, the results were a $350 floor and counter that could have cost much more if materials were purchased new. □

Patchwork puzzle: *After months of collecting wood scraps, owner Syd Dunton of Los Gatos, California, had enough to cover this 18 by 30-foot floor. Assorted sizes and six kinds of wood were fitted together, nailed, and glued. Remaining gaps were measured, and filler pieces were cut to fit*

Tongue-and-groove *blocks cut from leftover 2-by-6 redwood roof decking lock together on this half-bath floor. Owners: Dennis and Jennifer Siden, Portola Valley, California*

DARROW M. WATT

Recycled flooring: *Handsome oak floor and countertop were made from fire-damaged flooring rescued from a trash bin, then sorted, cleaned, and refinished. (Check the yellow pages under Building Materials—Used for salvaged flooring.) The tedious but rewarding job was done by the entire Burrell Jackson family of Redwood City, California*

NORMAN A. PLATE

Wooden bricks *were cut with radial arm saw from 4 by 6's. They've been glued but not yet filled, sanded, or finished. Owner and floor-layer: John Galloway, Phoenix*

Swirling end grains *create rich patterns and a durable surface. Blocks are ¾ inch thick, cut from recycled Douglas fir 4 by 4's by John Murray and Tom Simms of Quincy, California. Owners: Reginald and Kristin Mitchell, Piedmont, California*

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DON NORMARK

Tall door *is for the camper; shorter ones have storage or living space above*

Between trips, storing the RV

Storing a recreational vehicle out of sight usually requires some extra headroom. Each of these RV owners needed an oversized door: One is designed into the house, the other is a standard-sized sliding door made taller.

Architect David Hewitt designed the extra-tall garage door shown above for a camper, boat, or trailer; it satisfies the Kent, Washington, ordinance requiring RV's to be stored out of view. The shorter door on the left has storage over it; the one on the right is topped by second-story living space. Owners are Dr. and Mrs. Jack Brandon.

Even low-profile trailers sometimes won't make it under a standard 7-foot garage door. Ells Marugg of Menlo Park, California, gained the necessary clearance by removing a section of trim from above his sliding doors.

To do this, he trimmed 2 inches off the bottom of the 4-by-8 header, and nailed a 2 by 6 to the inside for strength. A 1 by 6 tacked to the exterior trim slides into place, resting on a metal plate at each side of the door.

Marugg gains another inch by partially deflating the trailer's tires; leveling jacks support its weight while stored. □

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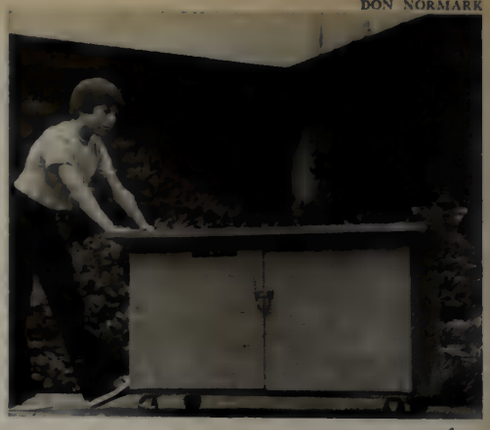
DON NORMARK



Carpentry cart *loaded with tools moves from one schoolroom to another*

Community Action:

They built classroom carts

Is there any reason why children in kindergarten through the fifth grade shouldn't try their hands at cooking and carpentry? "None at all," said a group of parents on Bainbridge Island, opposite Seattle. So they set about acquiring portable cooking and carpentry carts that can move from schoolroom to schoolroom.

To raise funds by a regular school levy might have taken a year or more; instead they planned a one-day house tour on the island. It brought in nearly $2,000.

Eileen Okada, fifth grade teacher at Wilkes School, was the first to suggest the cooking cart. When the parents asked Bainbridge Island teachers to specify what they most needed for their rooms, Mrs. Okada sketched her plan for a traveling kitchen work center and appended a list of equipment it could contain. A similar plan was then drawn

DAVE BARNES

One second grader *saws, while other holds, in a basic woodworking project*

Overwork Poor diet
Both ends of the vitamin candle

When your body responds to the stress of overwork it increases the rate at which it uses up many kinds of nutrients, including vitamins. From a balanced daily diet your body can store up most nutrients for such emergency use. However, there are certain vitamins the body can't stockpile, no matter how much you take in.

Water-soluble vs. fat-soluble vitamins. Your body absorbs two kinds of vitamins from the food you eat, fat-soluble and water-soluble. The fat-soluble vitamins are accumulated in substantial reserves in body tissues. But this is not true of the water-soluble vitamins, B-complex and C, and daily replacement through proper diet is considered necessary even when you're well. When your vitamin needs are increased by the stress of overwork, immediate supplementation of the water-soluble vitamins, B-complex and C, may be indicated.

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DAVE BARNES

Working *on the cooking cart's plastic laminate surface, children prepare granola in their home room*

up for a carpentry cart.

Built by a local carpenter and equipped by the Parent Teachers Organization, the carts have proven popular beyond expectation. Now there are four. The cooking carts, fully equipped, cost $272 each; carpentry carts, $296.

All the carts roll on heavy-duty 3-inch wheels that lock so they won't pivot and skitter out from under the enthusiastic students that gather around them.

Cooking carts. Each is 27 inches high (a good working height for most 5 to 10-year-olds), 25 inches wide (narrow enough to clear the classroom doors), and 48¾ inches long. Drop leaves at either end extend the working surface another 22½ inches. Laminated plastic covers both top and leaves.

Below a cutting board, three drawers hold an assortment of small utensils, wooden spoons, measuring cups, and spatulas. But two-thirds of the length of the cart under the worktop is devoted to a cupboard for storing a portable electric oven, a two-burner hot plate, and pans and mixing bowls. A two-plug electric outlet on one side and an extension cord make it possible to connect appliances directly to the cart.

One of the SRV's (School Resource Volunteers, of whom Wilkes School has 50 or more) usually helps the room teacher or acts as instructor for the cooking lesson, with six children at a time working around the cart. The classes have made such things as corn muffins (for which they ground the corn), cookies, granola, and traditional foods from recipes supplied by Bainbridge Island's active Japanese and Filipino communities.

Carpenter carts. The size is similar, but the worktop is inch-thick particle board edged with an oak strip. With a vise permently fixed at one end, the carts are planned so that children can work all around them. One long drawer is divided into five compartments to hold small tools; larger tools go into the open space below it.

Parents interested in learning about this unusual community project should write to Carol Olson, Route 21mb, Bainbridge Island, Wash. 98110. ☐

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DON NORMARK

Glass seems to float *above antique trunk; it actually rests on four nails in trunk lid*

Glass tabletop is a floater

All it took to turn this well-worn 19th-century traveling trunk into a useful lamp table was a ¼-inch-thick sheet of plate glass, four nails, and four slices from a wine-bottle cork.

The 18½-by-31½-inch glass top approximately matches the size of the trunk top. Its edges were ground smooth and polished by the glass cutter when the sheet was purchased.

To support the glass, designer John W. Smith drove four 4-inch (20d) nails at an angle firmly into the trunk lid's wood frame, then filed off their heads. He cut a wine-bottle cork into ½-inch-thick slices and forced one on each nail. The glass rests on the corks securely without glue—since there are no young children in this house to run into it. □

Cork heads *pushed atop nails help steady glass and prevent scratches*

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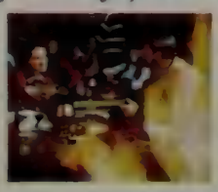

Ski Mt. Bachelor through June

World class ski areas now include Mt. Bachelor, a snow-laden volcanic cone serving skiers with 7 chairlifts right through the month of June, with a 39-mile paved road link to the delights of Sunriver.

Sunriver fun never ends

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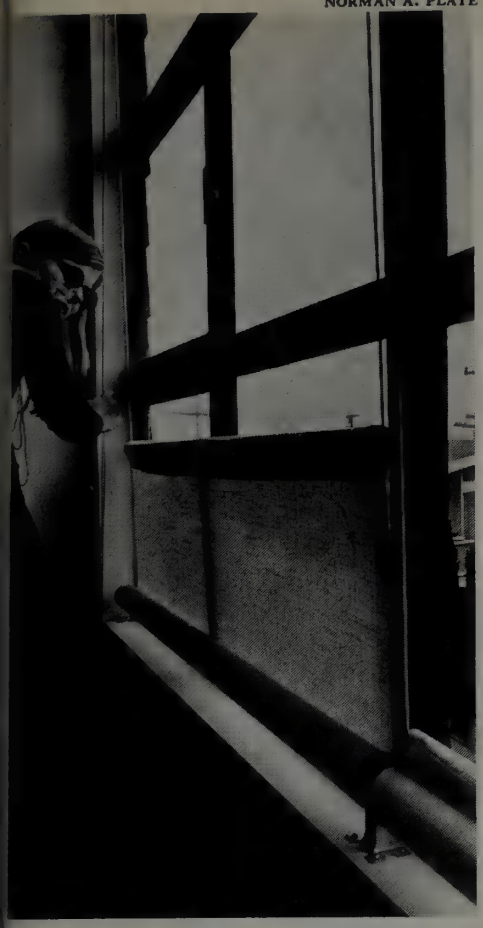
NORMAN A. PLATE



Each shade *is pulled up with nylon cords attached to ends of a heavy dowel*

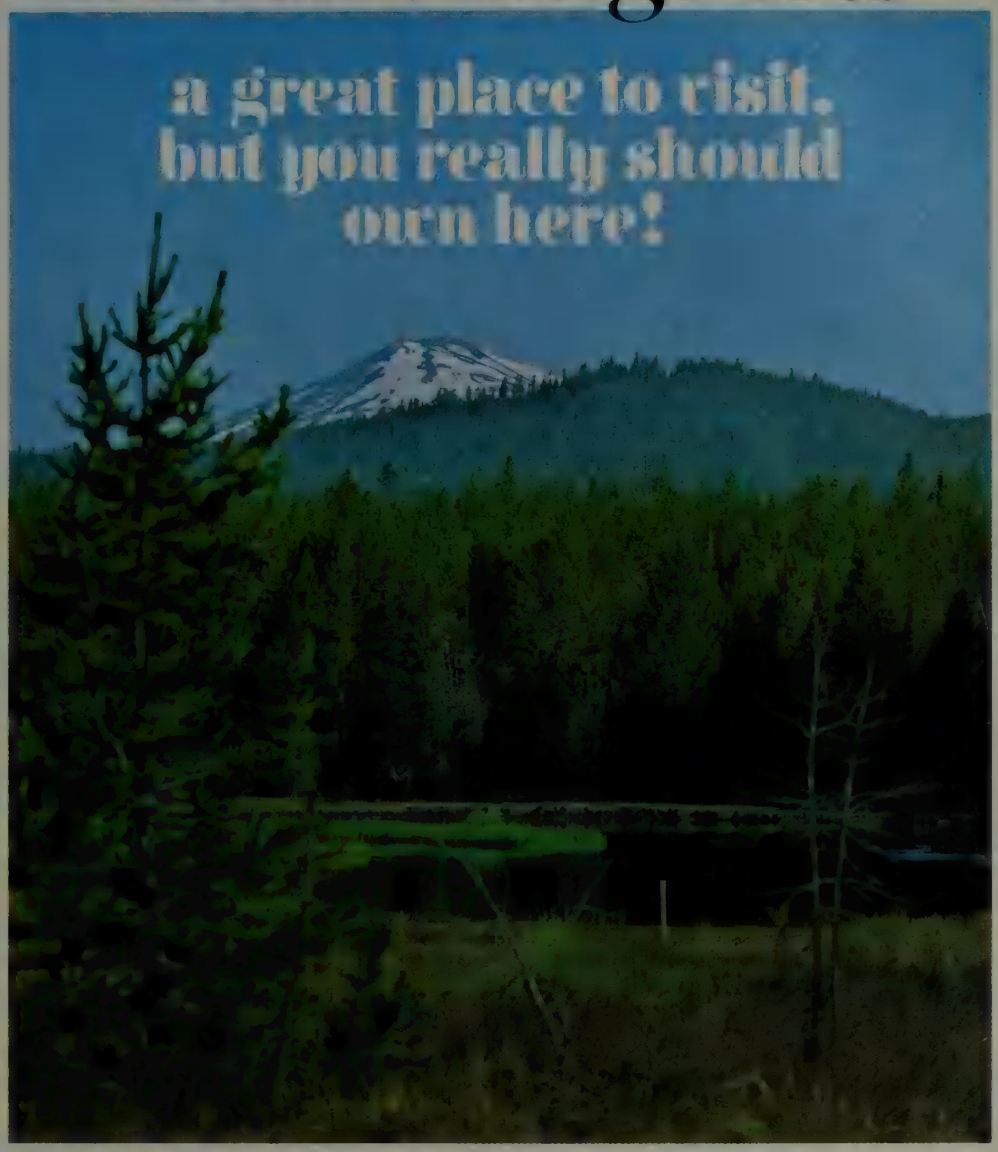
These shades roll up from below

Most of the time, these shades are kept at half-mast. Pulled up instead of down, they can give a room privacy while still letting in light from the upper half of the window.

Cheryl and Lindell Marsh devised this shade and pulley system for a large window in their home in Manhattan Beach, California. They had two 5-foot-long, spring-loaded rollers made in a blind shop, then fitted each with a catch release so that the rollers are always under tension. They stapled canvas to each roller (any heavy fabric will work as well) and mounted them on the windowsill with oversized brackets. Iron-on sewing tape prevents the canvas edges from unraveling with wear.

In the looped casing of each shade is a 1⅜-inch dowel; a cord at each end of the dowel leads to pulleys in the window frame above. The cord in the dowel's right end leads up to a single-wheel pulley, across to the double-wheel pulley on the other side, then down to a tie-down cleat below the sill. The left-end cord goes straight up to the double-wheel pulley and down to the cleat. □

Sunriver now offers River Village lots



Now you can purchase Sunriver land in River Village Unit I, near the famed Deschutes River. Some of these choice lots are on the Sun River tributary to the Deschutes. Various homesites include magnificient views of Mt. Bachelor and the Deschutes, and are shaded by open stands of pine.

The clear, sparkling Deschutes River offers superb fishing and canoeing. River Village provides access to an 8-mile smooth water stretch of this famous stream.

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**The bike paths, swimming complex and four of the tennis courts are owned by Sunriver Property Owners Association. The golf course, skating rink, 10 tennis courts, stables, marina, airport and Sunriver Lodge are privately owned public facilities (the owners set the fees and conditions of use and are not obligated to continue to make the facilities available). A fact sheet, including owner assessments for facility maintenance, is available upon request.*

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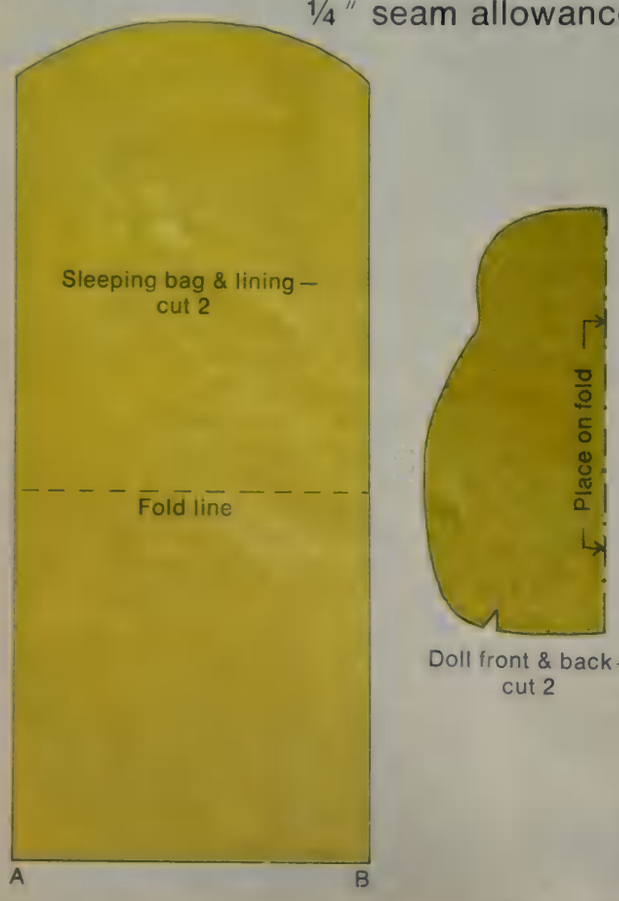
Obtain the HUD property report from developer and read it before signing anything. HUD neither approves the merits of the offering nor the value, if any, of the property.

DARROW M. WATT

Doll bundles: *Each toy arrives papoose style in its own quilted sleeping bag. You can put together a doll and bag in an hour*



Make a grid *of squares by ruling horizontal and vertical lines between the dots that border these patterns*

From new book on soft toys:

One-hour project... papoose doll with its own sleeping bag

A cuddly doll like these papoose babies may be hugged, slept on, dragged, and squeezed through the years. Such toys usually increase in sentimental value—especially if they have been lovingly made by hand.

The papoose baby is one of 30 or so how-to projects in *Sunset's* new craft book *Soft Toys and Dolls* (Lane Publishing Co., Menlo Park, Calif. 94025, 1977; $2.45). Also included are stuffed animals, foam building blocks, felt cars, and a quilt that resembles a topographic map.

The projects range from cuddly toys for young children to sophisticated dolls for adults. Some are traditional (the classic teddy bear); others are contemporary (soft-sculpture people with nylon-stocking faces).

A basic knowledge of sewing is all that these projects require, although you may choose to add specialized techniques such as embroidery, batik, or needlepoint. Each toy is photographed in color with step-by-step instructions.

To give you a sample of this new book, the following are full instructions on making one of the papoose babies.

Materials: For each 14-inch doll you'll need ½ yard lightweight cotton, ½ yard *each* quilted fabric and cotton flannel for sleeping bag and lining, ¼ yard eyelet ruffle, thread to match fabrics, scraps of yarn and felt for hair and mouth, 2 buttons for eyes, and 1 bag of polyester stuffing.

Putting it together: Draw a grid of 2-inch squares on blank wrapping or pattern paper; enlarge and transfer the patterns shown at left. Cut doll front and back from lightweight cotton; cut sleeping bag and lining from quilted fabric and cotton flannel.

With right sides together, stitch doll front to doll back except between the notches, making a ¼-inch seam. Clip at neck and turn right side out; stuff, then stitch opening closed. Sew on button eyes; glue or sew on felt crescent mouth.

To make curly hair, sew large loops of yarn (with an overcast stitch) along the top of the doll's head. For straight hair, cut 25 7-inch strands of yarn. Wrap one strand around the center of the bunch; knot and attach to head.

With right sides together, stitch sleeping bag to its lining along both long sides and curved end except between A and B, making a ¼-inch seam. Clip curves; turn right side out.

Matching straight edges at open end of bag, stitch top edge of ruffle close to edge of lining fabric through both thicknesses. Fold ruffle over seam and press. Fold 2 inches over quilted fabric (like folded top sheet of a bed). Topstitch ruffle close to the edge to hold fold in place.

With lining on outside, fold bag along line indicated on pattern. Stitch along sides, making ¼-inch seams. Turn right side out. Slip doll inside. □

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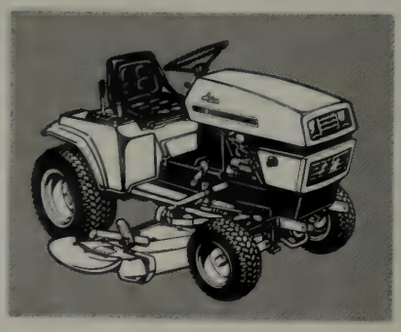

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A CUT ABOVE THE REST!
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DARROW M. WATT

A gush *of hot water flowing through the bath bag releases herb and flower fragrance*

Bath bags of herbs, flowers . . . easy to make

Candlelit baths of milk and honey are probably impractical for most people. These botanical bath bags are a far easier and less expensive way to capture some of that luxury. Combine herbs and flowers, stuff them into a handmade pouch, add a dab or two of scented oil, and you have the makings for a deliciously fragrant soak.

For each bath bag, use a loose-weave fabric such as muslin or calico. Cut a rectangle about 6 to 9 inches (smaller, if you like); hem one of the long edges to form a casing for the drawstring. Fold fabric in half, right sides together, and stitch the side and bottom; turn right side out. Snip into the casing through the side seam and again on the opposite side. Then push a 16-inch string into one opening, through the casing, and back out the same opening; repeat, starting from the opposite side. Knot each pair of ends together.

What goes into each bag can be gathered from your garden, bought at a health-

THE HOTEL IS PURE HYATT.

The rest is pure Hawaii.

The hotels of Hyatt have created instant excitement. They are architectural gems that enhance the land they rest on. And the Hyatt Regency Waikiki is another example of this Hyatt tradition.

Our Hyatt Regency Waikiki soars over the Pacific Ocean with one eye on famous Diamond Head, the other on Kalakaua Avenue. This hotel has an incredible array of restaurants, cocktail lounges and things to keep you just as busy as you wish. And with the push of a single elevator button you are suddenly in the middle of a complex of over 100 shops called Hemmeter Center, one of the world's most exciting shopping areas including the turn-of-the-century King's Alley.

Ours is a hotel that must be experienced. You can't quite understand or appreciate its uniqueness until you've seen it and stayed with us.

Come to Hawaii. And come to Hyatt.

The Great Hall at Hemmeter Center.

Spats, an Italian restaurant and disco.

Gourmet dining at Bagwells 2424.

Penthouse Suite.

The Seafood Bar at Bagwells 2424.

The Colony — a Steak House.

Call your travel agent or 800-228-9000 Gets you Hyatt. Worldwide. Toll Free.

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AT HEMMETER CENTER

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The Athena by Jacuzzi.

For the extraordinary Master Bath.

The Athena is the largest, deepest whirlpool bath ever offered by Jacuzzi. Plan it as the centerpiece of a lavish Master Bath, or the focal point of an excitingly different recreation room.

Measuring six feet by almost five feet, with a 23 inch height, the Athena is designed for the ultimate in whirlpool bathing pleasure. Convenient air-intake manifold controls and adjustable whirlpool inlets allow maximum flexibility to alter the whirlpool action to suit any personal preference.

Whether your setting is modern or traditional, the Athena will accentuate your decor beautifully. Available in a wide range of decorator colors, it blends elegantly with wood, tile or carpeting.

Add a touch of the extraordinary to your Master Bath. The Athena by Jacuzzi.

For information on the complete line of Jacuzzi Whirlpool Baths, write: Jacuzzi Whirlpool Bath, P.O. Drawer J, Walnut Creek, CA 94596. Call toll free (800) 227-0710 or 227-0746. In California, call (415) 938-7070.

Jacuzzi® WHIRLPOOL BATH

Insist on Jacuzzi. The leading name in whirlpool baths.

food store, or ordered from an herbalist. Many natural-foods stores have impressive quantities of dried herbs; they're sold by weight and range from 10 cents an ounce for common ones to 40 cents an ounce for the exotic. Open several jars and let your nose choose what to buy: Rosemary, eucalyptus leaves, orange blossoms, lavender, marjoram, pennyroyal, and peppermint are good tub-scenters. In your garden look for bay, pine needles, rosemary, and eucalyptus leaves. Use them fresh right away or dry them to put in bags later.

To intensify the fragrances, add a few drops of oil essence (sold at health or import stores) to each bag. Don't be alarmed if the aroma is strong; the quantity of water in a tub can dilute even a pungent scent to something soothingly subtle. And scents do change in water: A sweet-smelling bag may surprise you with an obscured spiciness. The oil essence may also soften your skin.

To prepare a botanical bath, dangle the bag under hot running water. Let it steep for a few minutes before turning on the cold water. Squeeze the bag several times, swish it through the water, then relax and enjoy.

Another technique is to brew the bag in a pot of simmering water for 20 minutes and add that to the bath. Some herbs may slightly tint water to a green, brown, or yellow.

Remember that scents dissipate when exposed to air. Store fillings or finished bags in sealed jars or plastic bags until ready for use.

The mixture will last for up to three baths, depending on the herbs and oil you choose. When it loses its punch, simply toss out the herbs and refill. □

A few drops *of strawberry oil intensify the scent of orange blossoms, lavender*

Only Pella makes a wood window with this much insulation

Pella Double Glass Insulation — Ordinary insulating glass

Only Pella saves energy with more insulation for less money. Only Pella makes a double glass wood window with a full 13/16″ air space between the panes. And the greater the space between panes, the greater the insulation value. As a result, Pella's Double Glass Insulation System actually outperforms ordinary welded insulating glass, yet *costs less per window!* Add this fact to Pella's many other "Energy-Tight" features and you have a real money saver.

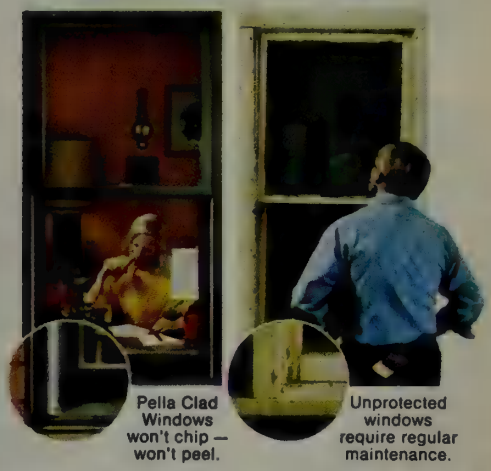
Pella • Lots of elbow room

Others • Very little elbow room

Only Pella makes a wood window *this* easy to wash. Only Pella windows are equipped with a hinging system that allows the sash to crank out a full 90° *to the center of the frame.* You get lots of elbow room to clean outside glass — even reach the farthest corners — quickly and easily from inside your home. As a matter of fact, every ventilating window Pella makes — casement, double-hung, and awning — is engineered to be the easiest window you ever washed.

Pella Rolscreen® is hidden. Easily pulls down. Latches firmly.

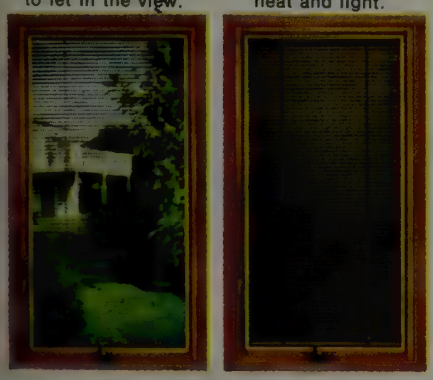
Only Pella makes a disappearing screen. The Pella Rolscreen® is a screen that works like a window shade. It rolls up and out of sight to give you a crystal clear view and let in 20% more light. Then, when you need it, the screen pulls down and latches firmly into position. An interesting option to the standard inside screen on our Clad Casement.



Pella Clad Windows won't chip — won't peel. Unprotected windows require regular maintenance.

Only Pella offers an aluminum exterior that needs no painting. Pella is the only major wood window manufacturer to give you the best of both worlds: aluminum cladding in attractive colors outside — all-wood construction inside. We think that's important. Most wood windows that offer clad protection, wrap the *exterior* finish all the way around the sash so you see it on the *inside,* which can cause decorating problems. But with Pella, all you see inside is rich, warm wood.

Optional Pella Slimshade® opens to let in the view. Adjusts at the touch of a dial to control heat and light.



Only Pella offers instant privacy or shade. Only Pella makes the Slimshade®. It fits between the panes of our Pella Double Glass Insulation System and provides privacy at the touch of a dial. But even more important, the Slimshade®, when completely closed, can reduce heat loss by as much as 62% and solar heat gain by up to 82% when compared with a single pane, unshaded window. An option that results in real energy savings.

FREE. 16-page "Window & Door Ideas" book for traditional and contemporary homes. Tells you everything you need to know about window types and how each works, window treatment in various architectural styles, and important considerations in window placement and selection. After you've read this book, visit your Pella Planning Center for further assistance. It's in the Yellow Pages, under "windows".

Please send me a copy of "Window & Door Ideas".

☐ I plan to build. ☐ I plan to remodel. ☐ I would like an appointment at the Pella Planning Center nearest me, have someone contact me.

NAME

ADDRESS

CITY STATE ZIP

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Mail to: Pella Windows & Doors, Dept. C06E7, 100 Main St., Pella, Iowa 50219. Also available throughout Canada. Coupon answered within 24 hours.

America, you're

Vancouver Island stretches north for 282 miles.
Pacific Rim National Park on the west coast is the surfing headquarters.

Barkerville has been restored to its heyday during the great Cariboo Gold Rush.

Come up to the great green outdoors and wonderful wide open spaces of British Columbia.

A friendly giant sitting pretty right on your doorstep.

See for yourself. Just head for the 49th parallel (also the border) then come in and plant yourself in one of our parks.

British Columbia has more than 8½ million acres of provincial parklands, just for starters.

We also have marine parks for boaters on our coastal waters.

And historic parks like Barkerville for everyone.

Flowers blossom regularly at Queen Elizabeth Park in Vancouver, a great city just to park your car and start walking.

In fact you couldn't pick a more charmin place to start than Gastown, with its cobblestone streets, antique shops and outdoor cafes.

Or how about a romantic moonlit stroll around Stanley Park's sea wall.

Where you stay up here is up to you. We've got hotels fit for a king. Cozy roadside motels. Resorts. Guest ranches. Hunting and fishing lodges. And of course, campgrounds.

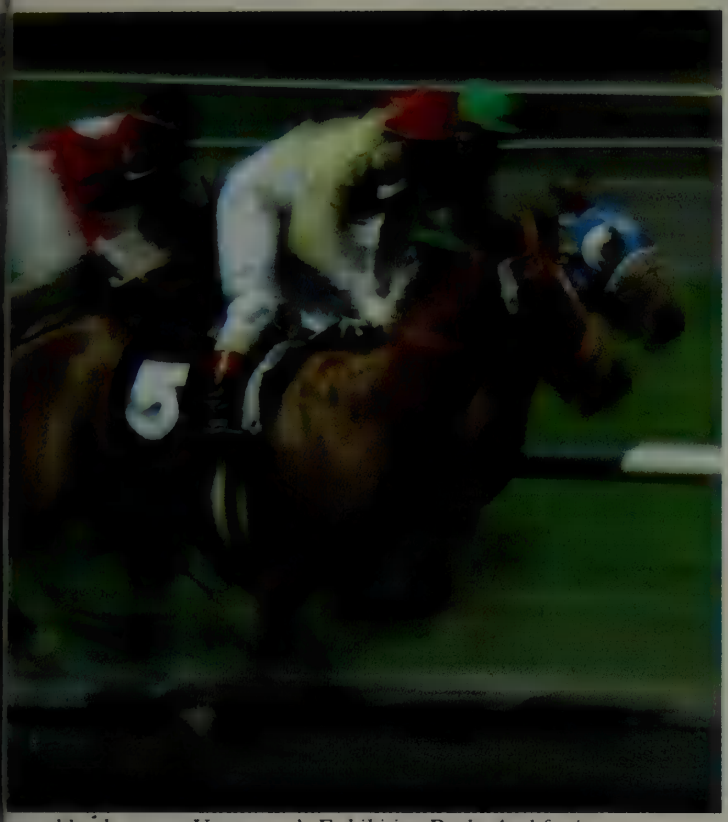
Ask your travel agent all about us. Or write: Tourism British Columbia, Parliament Buildings, Victoria, British Columbia, Canada V8W 2Z2.

Then come up and make yourself at hom this summer.

You're more than welcome.

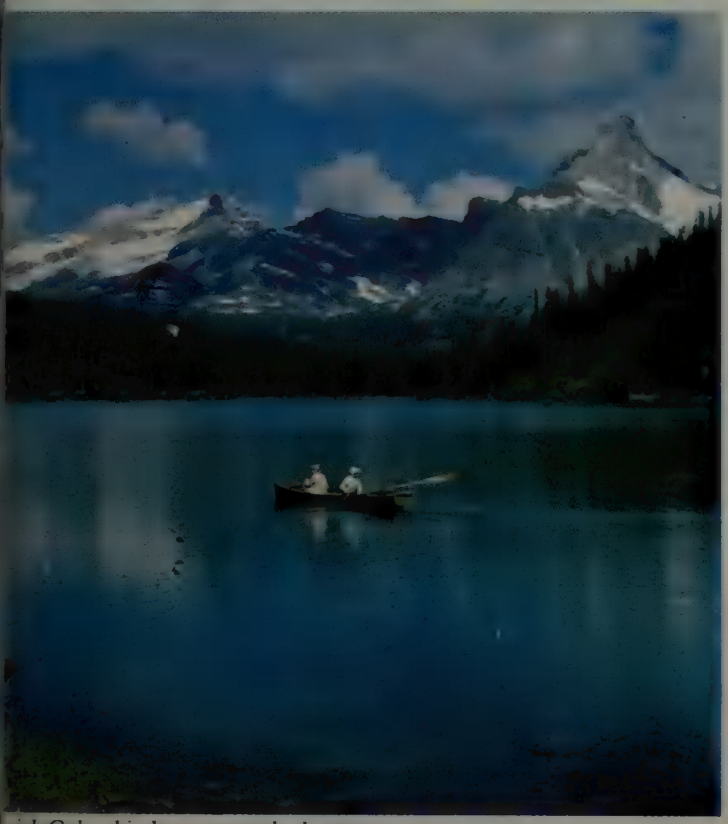
This summer, come up to British

ordering on outer space.



roughbreds race at Vancouver's Exhibition Park. And for just ing around, you can't beat the Pacific National Exhibition in August.

Canada's third largest city, Vancouver. Terrific shopping, super restaurants and friendly Vancouverites who love showing off their city.



ish Columbia has a natural advantage. re than 8½ million acres of parklands for you to explore.

Stanley Park is a one-of-a-kind, thousand acre wilderness park smack dab in the middle of Vancouver.

Columbia, Canada.

TOURISM BRITISH COLUMBIA

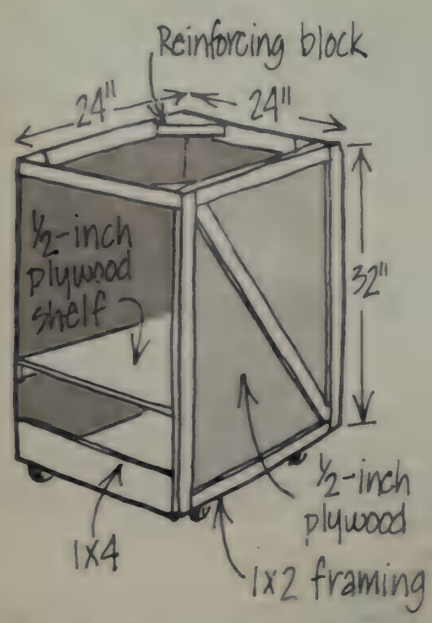
MINISTRY OF THE PROVINCIAL SECRETARY AND TRAVEL INDUSTRY.

PETER O. WHITELEY

Top-load *bottles and cans; slide full containers out open side. Papers go below*

It rolls out for recyclables

This roll-around bin makes gathering recyclables a snap. It fits neatly under the kitchen counter, handy but out of the way. Containers for holding cans and bottles go on the top shelf, papers below. When the bin is full, you roll it out to the car—or as close as possible, load up the trunk, and you're off to the recycling center. The designer: Abrams/Millikan & Kent of Berkeley. □



Design the front *to match your other cabinets; adjust bin height and width to suit space available. Use plywood and 1 by 2's or other wood on hand*

Where to buy Simpson Redwood Overalls.*

CALIFORNIA

Berkeley
Truitt & White Lumber Co.
415 - 841-0511

Campbell
Campbell Lumber Co.
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Chico
Payless Building Supply
916 - 342-1222

Danville
Danville Lumber Co.
415 - 837-4231

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M. P. Dolan Lumber Co.
415 - 829-0350

Eureka
Pierson Building Center
707 - 443-3045

Fairfax
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Forbusco Lumber
707 - 725-5111

Fresno
California Building Materials, Inc.
209 - 264-3577
Long's Building Supply
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Yosemite Lumber Co.
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Grass Valley
Agate Sales, Inc.
916 - 272-3451

Half Moon Bay
Feldman Lumber Co.
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Hanford
California Building Materials, Inc.
209 - 584-9257

Lindsay
Copeland Lumber Yards Inc.
209 - 562-3088

Los Gatos
Woodworkers
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Millbrae
Millbrae Lumber Co.
415 - 697-2326

Milpitas
Holland Lumber Co.
408 - 262-5311

Modesto
American Lumber
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Ply Pac Building Materials
209 - 524-9686

Monterey
M & S Building Supply
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Mountain View
American Hardware Co.
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Oakland
Big B Lumberteria
415 - 533-9771
Four Star Building Supply
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Redding
Chas. C. Meek Lumber Co.
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Redwood City
Eichrome Building Materials Co., Inc.
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Sacramento
New Home Building Supply
916 - 455-3057

Saint Helena
Central Valley Builders Supply
707 - 963-3622

Salinas
Tynan Lumber Co.
408 - 424-2216

San Bruno
San Bruno Lumber Co.
415 - 588-4675

San Francisco
Allstate Plywood, Inc.
415 - 285-1010

San Jose
Builderama
408 - 287-0234
Home Lumber Center, Inc.
408 - 227-2717

San Leandro
Ace Builders Center
415 - 351-3932

San Luis Obispo
Wisberg Lumber Co.
805 - 543-3877

San Pablo
O. Davis Lumber, Inc.
415 - 232-0223

San Rafael
Lundy's Wood Products, Inc.
415 - 454-0130

Santa Cruz
Santa Cruz Lumber Co.
408 - 426-1020

Santa Rosa
Yaeger & Kirk
707 - 545-3883

Scotts Valley
Scarborough Lumber & Building Supply
408 - 438-0331

Seaside
H & H Supply Co.
408 - 899-2451

South Lake Tahoe
Chas. C. Meek Lumber
916 - 544-2237

South San Francisco
Broadmoor Lumber & Plywood Co.
415 - 761-1515

Stockton
Ply Pac Building Materials
209 - 466-5562

Sunnyvale
Pine Cone Lumber Co., Inc.
415 - 736-5491

Tahoe City
Snyder Lumber Co.
916 - 583-3042

Terra Linda
Fairfax Lumber Co.
415 - 479-8865

Tulare
Lampe Lumber Co.
209 - 688-6611

Ukiah
Mendo Mill & Lumber Co.
707 - 462-8806
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Vallejo
Hughes Plywood
707 - 552-4100
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Yuba City
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Carson City
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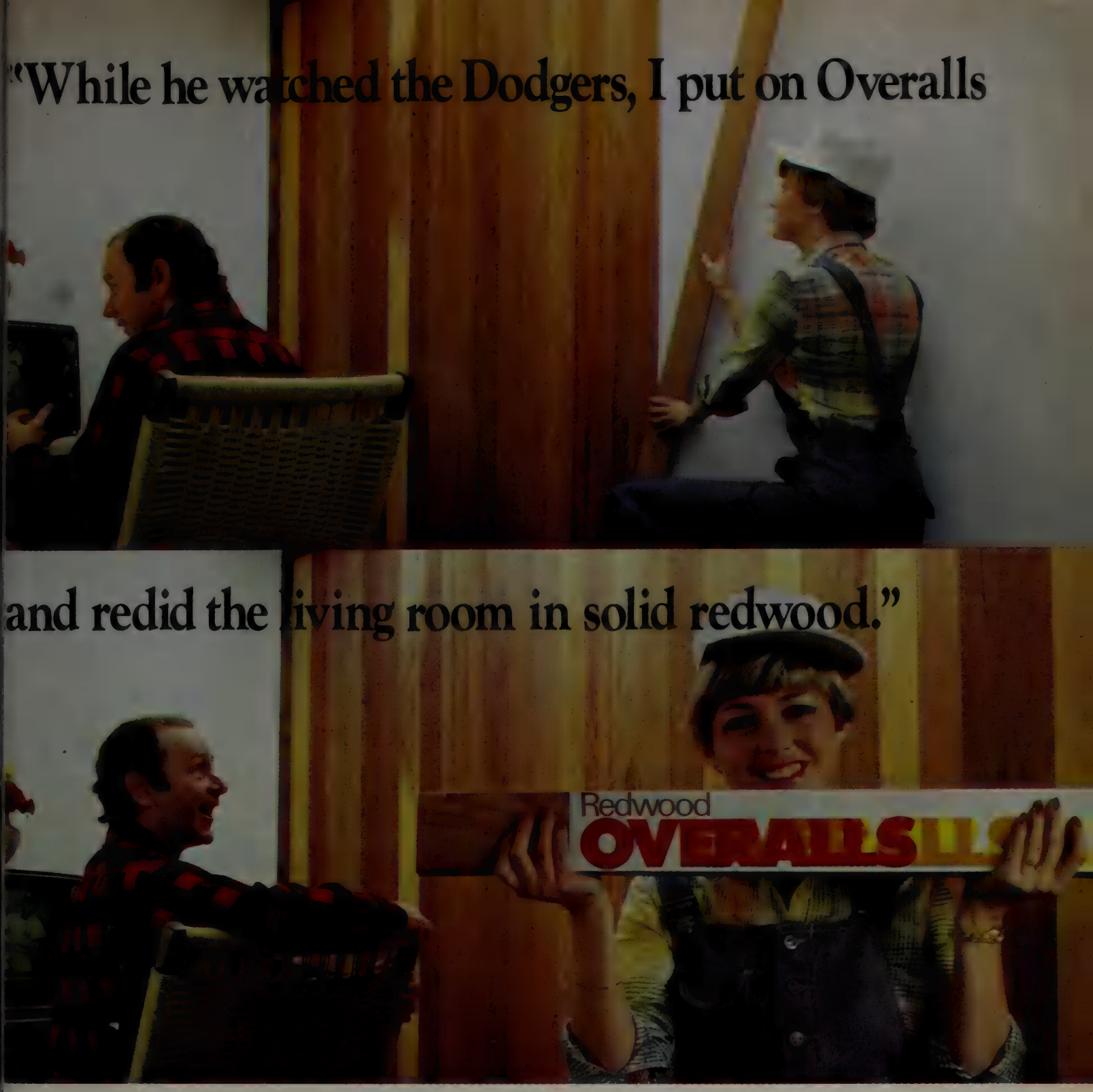
Simpson
Simpson Building Supply Company

*Available only at these stocking dealers.



Introducing Redwood Overalls. A beautifully simple way to re-do in redwood.

It's beautiful: Overalls will warm up any room because they're sleek, contemporary strips of real redwood. They come up to 8 feet long so you can cut about any length you want—pre-cut shorter lengths are available, too. Each strip is thick enough to look and feel sturdy, yet thin enough to be light and easy to handle.

It's simple: Just cut, glue, apply and nail. Overalls goes anywhere wallpaper goes—only faster.

It's economical: One package covers as much as a sheet of standard 4'x8' paneling does, but costs less in most cases.

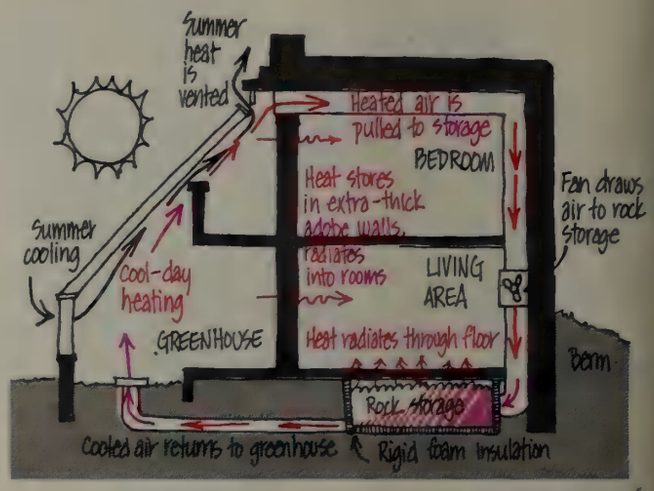
It's versatile: Put it over doors, kitchen cabinets, ceilings—anywhere you want the warmth of real redwood. You can even create artistic wall patterns, because Overalls goes up vertically, horizontally or diagonally. For more ideas and complete details, visit one of the home decorating centers listed on the next page.

Redwood
OVERALLS
Simpson Building Supply Company

PETER O. WHITELEY

Warm glow at dusk: *There's natural warmth inside. Double-glazed south-facing greenhouse wall lets in winter sunlight. Its heat is trapped, ducted to rock-bin storage for reradiation to rest of house at night*

Two-story greenhouse is three-way heater for this Santa Fe adobe



Primary system. *Fan pulls hot daytime air from top of greenhouse. Rock storage absorbs heat; cooled air returns to greenhouse floor to be heated again*

Heat percolates up *from storage beneath floor; fireplace backs it up. Protective north berm outside reaches to windowsill*

A bold hybrid of architectural and mechanical approaches to solar heating, this three-bedroom house in cold-winter Santa Fe derives most of its heat from a lofty, south-facing greenhouse wall.

The function of the 432-square-foot double-glazed wall is simple enough: It admits the abundant daytime sunlight and traps its heat. But delivering this heat to the V-shaped house that wraps around the greenhouse depends on a sophisticated design, worked out by architect William Lumpkins/Sun Mountain Design and builders Wayne and Susan Nichols of Santa Fe.

The system works in three ways:

Direct gain. The doors of the living space open to the greenhouse by day, letting the heat flow in.

Active collection. Fans pull the hottest air from the top of the greenhouse to two insulated rock-storage beds, one under each wing of the living area. Each holds 350 cubic feet of 3½ to 5-inch

"NIGHT FASHIONS" BURLINGTON

Tonight, every port you call can be your home. Drift off in a world of magnificent watercolor mountains towering over sail boats on a pastel sea. Available in sea blues as well as sandy neutrals. Sheets and pillowcases are no-iron percale, 50% Kodel polyester, 50% cotton. Comforter and towels to match. Wherever you sleep, Burlington makes it beautiful.

"Painted Boats" by Vera©

ODEL®
is a T.M. of the Eastman Kod

Burlington

BURLINGTON DOMESTICS, A DIVISION OF BURLINGTON INDUSTRIES, INC., NEW YORK, N.Y. 10019

Before glazing. *Thick adobe walls absorb extra daytime heat. Doors seal off rooms from cooling greenhouse at night*

PETER O. WHITELEY

Plants prosper *despite winter freeze outside; they add valued humidity. Inner rooms open to greenhouse for direct daytime heat*

rock and can store 100,000 BTU's of heat when warmed by 15°—that's enough stored heat to carry the house through a couple of sunless days. The two small duct fans are the only mechanical components; stored heat simply radiates up into the house through tile-over-concrete floors above the rock beds.

Heat lag. The 14-inch-thick adobe wall on the north side of the greenhouse (the south wall of the living area) absorbs excess greenhouse heat, which slowly radiates into the living area after dark.

In summer, high and low vents in the greenhouse open to vent heat and pull cooling air through the house; the setback living area is shaded to avoid direct summer heat gain.

Other design factors make the house thermally sound. Outer walls have 8-inch-thick studs for extra insulation space. The rear wall is rounded to provide less resistance to harsh winter winds. The house is 4 feet below ground level on the north side; along with the massive house walls, this helps retard temperature fluctuations indoors.

A breakfast nook at the southeast corner catches the first warming light of day; living-room windows face southwest to accept the late sun. A standard solar collector heats household water. □

Hawaii 4 Island Deluxe.

When you pay for Hawaii, you should get it all.

$629.00 per person, plus air fare. That's definitely a deluxe vacation. And well worth it. The 4-Island Deluxe from United Airlines is 15 days/14 nights of luxury in the most beautiful of Hawaii's islands—Hawaii, Oahu, Maui, and Kauai.

All accommodations on all four islands feature deluxe rooms with an ocean view so that the beauty of Hawaii is never out of your sight.

And when you want to explore the islands, you can do it with the experienced guides who conduct sightseeing tours. Or you can be your own Capt. Cook and discover Hawaii in your own air-conditioned car. Either way, there's no extra charge.

Flights to Hawaii are on United Airlines and feature United's Royal Hawaiian Service so that your vacation can begin the moment you board the plane. All in all, the 4-Island Deluxe brings you the very best of Hawaii. And isn't that what you've been wanting all along?

For more information, see your Travel Agent.

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View from Windows on the World, Trade Center, New York City.

Introducing the Lincoln Versailles.

Engineering made it happen. Now, a car with a 110-inch wheelbase, with a superb luxury car ride.

Now there is a new luxury car similar in size to the finest European luxury cars, with the smooth, quiet, distinctly luxurious ride of an American luxury car. It is the new Lincoln Versailles and, like the bridging of a river, the construction of a tower, its ride is a true engineering achievement.

Lincoln Versailles is engineered for smoothness; its major components are balanced to critical tolerances.

An investment in engineering.

Lincoln Versailles is engineered for quietness and insulated to reduce external noise.

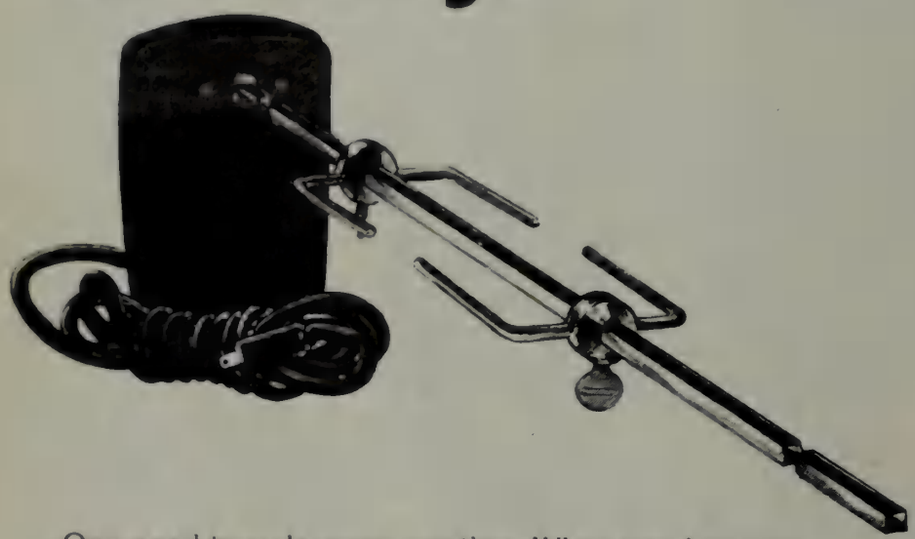
Lincoln Versailles is engineered for luxury and fully equipped with standard features as significant as four-wheel disc brakes and as luxurious as a unique 'Clearcoat' paint finish.

Test-drive Lincoln Versailles. You will quickly understand its uniqueness, and the many benefits of its engineering, in the Lincoln Continental tradition.

LINCOLN VERSAILLES

LINCOLN-MERCURY DIVISION Ford

Save 70% on your Rotisserie when you buy a CHAR-BROIL® this May.



One good turn deserves another. When you buy any wheeled or hooded Char-Broil grill this May, we turn-over our $28.95 rotisserie to you—for just $8.95—a whopping big 70% discount off the regular price. Featuring heavy-duty UL-approved motor and steel spit, the rotisserie easily fits both charcoal and gas grill models. To get yours, see your local dealer now, or write for a list of participating stores. Char-Broil/Lippincott Company, Dept. SS-5 1355 Market Street, San Francisco. Calif. 94103.

CB gas grill features precision cast aluminum housing and unique H-shaped stainless steel burner.

Classic charcoal grill includes cast-iron grids, adjustable grates and hardwood cutting boards.

CHAR-BROIL

W.C. BRADLEY CO.

Where cooking takes a turn for the better.

DON NORMARK

Slatted drawers *keep thread and seam binding neatly organized. Drop leaves on table lift up for cutting fabric*

What sewing calls for is space

Sewing tables, like garage workbenches, are seldom large enough to do the job well. When this seamstress received a new sewing machine, she was determined to have a workplace more spacious and permanent than the dining room table. She talked to a carpenter, and what resulted is a luxury-sized cabinet big enough for cutting, sewing, and storing.

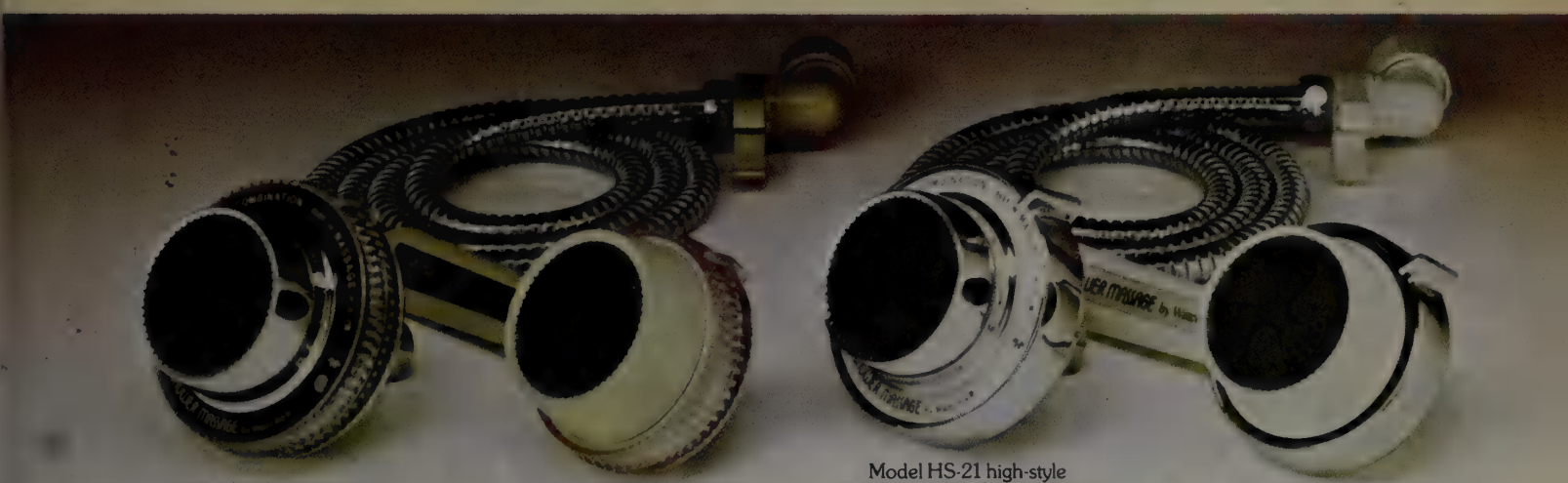
The space it takes up in the utility room is used to advantage. When not needed for sewing or laundry sorting, the 38-inch-wide table is 6 feet long, but 18-inch-hinged sections on each end can be raised to extend the space to 9 feet. There's a lowered section for the machine itself to sit on; when it's put away, a matching laminated plastic top fits over the cutout to make the table level.

Six of the drawers have notches for wood slats that organize thread, trim, pins, scissors, patterns, bobbins, and other small objects. There are two deep drawers for fabric. □

After I got the ascot that glowed in the dark, the cuff links that changed color with my mood and the Bicentennial bottle of aftershave I almost got what I wanted.

My wife gave me one of those shower heads for my birthday. You know, the ones that massage you. And it wasn't The Shower Massage by Water Pik®. And that's where I drew the line. I insisted on the right one, the one that delivers up to 7,000 pulsations per minute. And I wouldn't settle for less.

After all, they're not all alike. So give the one you won't have to return. Give The Shower Massage by Water Pik.



Model SM-2 wall mount

Model SM-3 hand-held

Model HS-21 high-style wall mount with chrome accent

Model HS-31 high-style hand-held with chrome accent

THE SHOWER MASSAGE

by Water Pik® ... It's the one you want.

©Teledyne Water Pik

ALMOND

THE NEW NATURALS™

General Electric introduces colors as fresh as the great outdoors.

Starting now, GE major appliances come in six soft, natural colors for you to mix or match. Timeless colors that make decorating a kitchen easier than ever before.

Yet, new as they are, you don't have to redecorate to enjoy them. The New Naturals harmonize beautifully with whatever brands and colors you already own.

See them this month while many General Electric dealers are having special Open Houses to introduce them.

The New Naturals, only from General Electric. Naturally.

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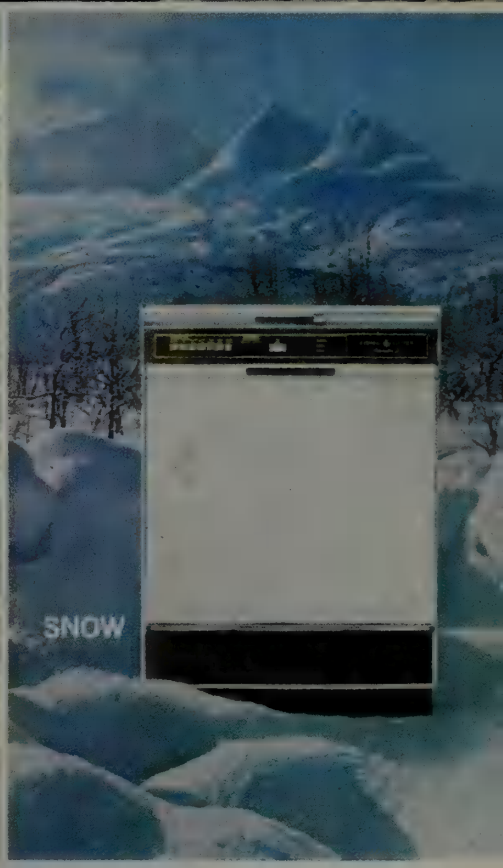

GENERAL ELECTRIC

GRANDMA MAC'S WHOLE NATURAL ALMONDS

When you taste the sweet natural snacking goodness of these Almonds, you'll wonder how anyone could be happy with that store bought fluff and puff.

Each yummy whole Almond contains what Nature wanted and nothing more. All we've done is hull 'em, shell 'em and sort 'em. And all you have to do when the carton arrives is pour 'em into a big bowl and start munching.

We didn't know how many visitors you might have so we put up two carton sizes. Both are packed nice and tight.

If you'll take a moment and look below, you can see what's in our Almonds.

Sure hope you'll try this snack and enjoy all the Natural goodness that we do.

Whole Natural Almonds
5 lbs. . . . . $ 9.99 (Postage Included)
8 lbs. . . . . $14.89 (Postage Included)

Per Half Cup Serving

Calories	480
Protein	16 grams
Fat	44 grams
Carbohydrates	16 grams

Percent of U.S. Recommended Daily Allowance per Half Cup Portion:

Protein	25%	Calcium	20%
Vitamin A	0-10%	Iron	20%
Vitamin C	*	Vitamin E	90%
Thiamin (B-1)	10%	Folic Acid	20%
Riboflavin (B-2)	35%	Phosphorous	40%
Niacin	20%	Magnesium	50%

*Contains less than 2% of the U.S.R.D.A. for this nutrient.

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RICHARD FISH

Hanging plants *thrive in the light that floods through the new skylight. High counter that replaced the original wall hides kitchen clutter*

Minus low ceiling and wall, kitchen is open and airy

This small kitchen looks and feels larger after removal of a low ceiling and a confining wall. Square footage remained about the same, but a new openness to the rest of the house now encourages conversation along with cooking.

Architect Jerry Kasparek of Corona del Mar, California, replaced an old wall and doorway with a counter that doubles as a room divider. He lifted the ceiling to the ridge and installed a long 2-foot-wide skylight. Full-length 2-by-6 rafters attached to existing 2-by-4's carry the structural load from wall to roof peak and visually break up the skylight opening; they're trimmed with cedar boards to match the paneling.

Beneath the skylight, a trellis of 2-by-2 and 2-by-6 cedar provides an aerial platform for plants and overhead lighting. High strip lighting also illuminates the kitchen and a nearby sitting area.

For paneling, Kasparek had rough cedar 1-by-8's band-sawn in half and then tongue-and-grooved, so each yielded two ⅜-inch-thick boards. This way he essentially doubled the covering capacity of his $400 order—for a $75 milling fee. □

Shallow open shelves *make use of all available storage space*

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Renaissance™ is here. The brand-new glazed ceramic tile that creates walls of such drama—other materials seem dull and repetitive by comparison.
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It's the natural thing to use.™
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DON NORMARK

Storage above and below: *Canisters and casseroles rest on kitchen shelf; copper pans hang on aluminum hooks that slide along wrought-iron bar*

Half-inch square *rod passes through the shelf supports; holes were drilled and chiseled for an exact fit*

46-inch shelf... 8 pot hooks below

Like a giant skewer, a wrought-iron rod threaded through the side supports of this kitchen shelf holds an array of aluminum meat hooks. Pots and pans hang on these—one, two, or even three pans to a hook.

The 46-inch-long shelf is made from 2 by 8's; quarter circles cut from a 2 by 8 serve as side supports. Metal brackets fasten the shelf to the wall.

All in all, it's an effective way to store a few canisters and cookpots and hang a number of pans in a comparatively small space. The owner is Leland S. Burns, San Monica, California. □

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AFTER TEA

Very often in the evening,
Shortly after tea,
Father, when he's read the paper,
Takes me on his knee.

There I fix myself "quite comfy,"
In his arms so strong,
While he makes up lovely stories
As he goes along.

Mother near us with her sewing,
Rocking to and fro,
Smiles and listens to the stories,
Likes them too, I know.

And I'm sure that she is thinking,
What perhaps you've guessed,
That the stories Father tells us
Are the very best.

BY ALDEN ARTHUR KNIPE
PICTURE BY EMILIE BENSON KNIPE

Surmising that our age could do with a bit less stimulation and a bit more quietude, we've created four unusual teas. They won't jangle you with caffeine. They'll warm and soothe you with the woodsy fragrance of betony, the pungent aroma of lemon grass, and . . . oh, a dozen more delicious scents and flavors.

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The quiet teas.™

NORMAN A. PLATE

Even the piers *have stepped contours repeated many times. The 4-by-4 posts are anchored with metal plates hidden by pairs of 2 by 4's. Joinery is emphasized on bench anchored to deck joists*

Post and beam detail. *In routed grooves of post, thin copper straps wrap around the center 4 by 6 and its pair of 2 by 6's. A lag screw through the 4-foot-long bolster secures it to top of post. Projecting 2-by-2 keys fit into notches cut in bolster and beam—which are tied together by long lag screws from above. The 2-by-8 overhead joists are toenailed to the beam; 1-by-2 shading strips are secured with nails*

Trellis *creates a 10 by 10-foot outdoor dining room; brick terrace and redwood deck beyond offer spectacular view of Napa Valley*

The look of this modern deck and trellis goes back to the Craftsman era

As a craftsman and student of architecture, Wayne Leong of St. Helena, California, has long admired the work of Craftsman-era architects Greene and Greene—their attention to detail, use of strong horizontal lines, and honest structural quality.

So when he was asked to design and build a shade trellis and deck, his affinity for Oriental architecture (which also influenced the Greenes), plus the romantic hilltop site and the adjoining tile-roofed house, led him to experiment with their design concepts and building techniques. He used conventional hardware (lag screws, nails, steel anchor plates) and standard milled redwood. The structure is direct and uncomplicated; geometric elements stack solidly together. Detailing—from sculpted overhead beams down to the contoured piers—adds charm and richness.

The sculptured quality comes from rounding most of the edges with a router and by cutting stepped and rounded ends with a circular saw and rasp. Both techniques emphasize the structural elements rather than disguise them.

As the project went together, the "rolled" edges proved to be a very practical detail: Joints didn't have to be perfect, and they accept the changes inevitable with wood exposed to the elements. Small cracks caused by shrinking or bowing boards don't show—this is a forgiving way to build. □

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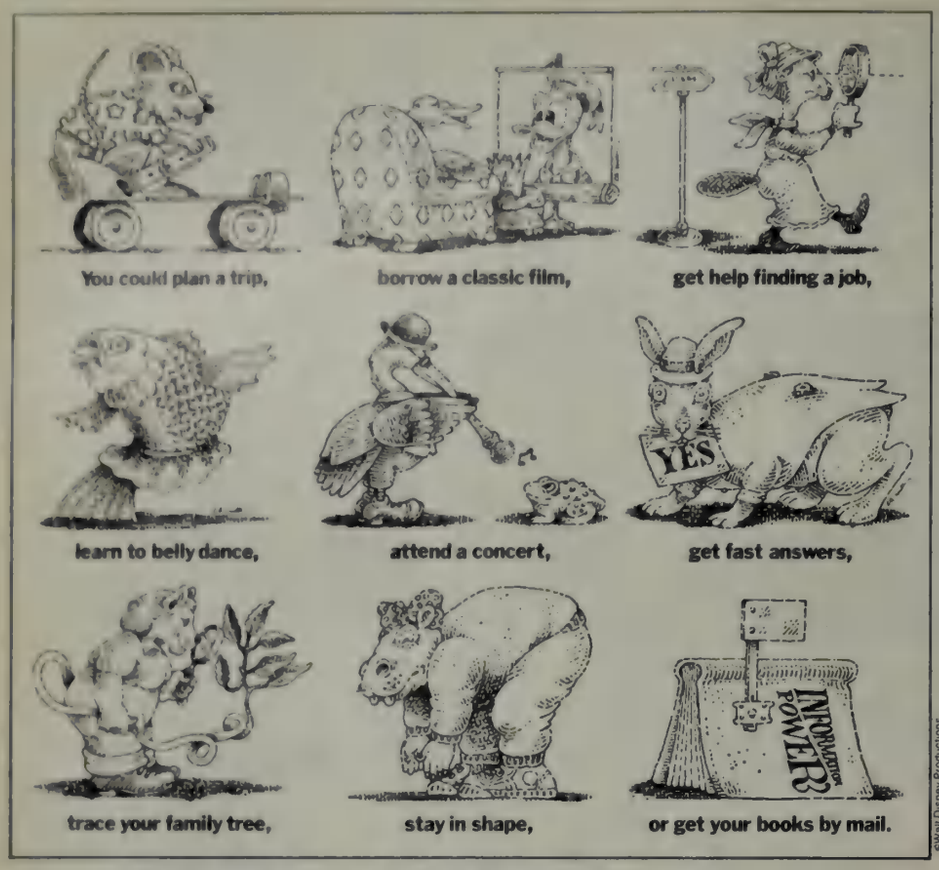

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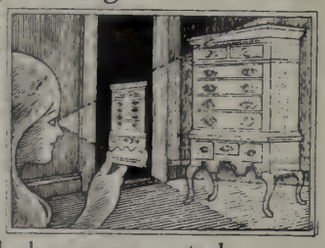

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DON NORMARK

Three shelves *to match new maple countertops plug into steel rods set in studs behind brick wall*

Open kitchen . . . open shelves

Part of the pleasure the owners get from this remodeled kitchen comes from its openness.

There's now an unobstructed view past the new butcher-block counter and out over the breakfast table and into the garden. Three new open shelves that match the maple countertops seem to float against a newly added interior brick wall.

The 5-foot-long shelves are 12 inches deep and 1½ inches thick. Each attaches to the brick wall by means of two 12-inch-long steel rods ½ inch in diameter; the rods go through the brick and 3 inches into the stud wall, where they are glued for additional stability. They slip into pairs of holes drilled 8 inches deep in the back of each shelf.

The original ceiling light fixture has been replaced by two: a drop light over the dining table and a track fixture that illuminates the shelves and the counter below them.

Architect was James E. Jennings and Associates for Dr. and Mrs. Edward E. Almquist, Seattle. □

Sunday morning pancakes and sausage ■ Monday noon omelet ■ Tuesday evening steak and potatoes ■ Wednesday morning bacon, eggs, and biscuits ■ Thursday noon chow mein ■ Friday evening steamed fish and vegetables ■ Saturday night crepes and hot hors d'oeuvres ■

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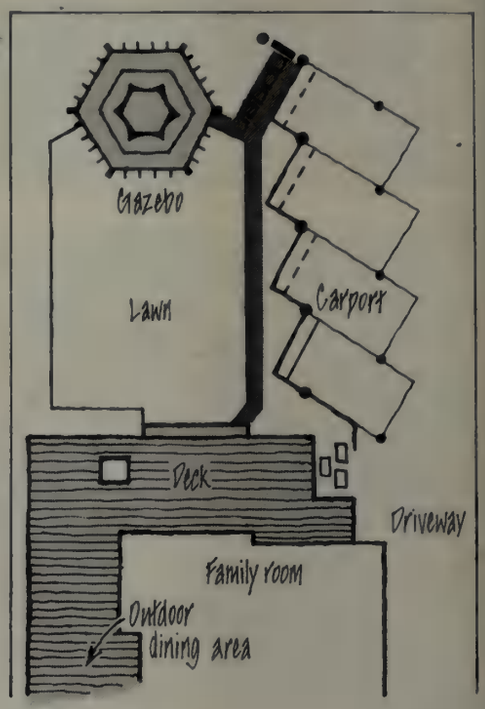
NORMAN A. PLATE

Two focal points *in the back garden, the gazebo and a large wooden deck, are widely separated to create a feeling of depth and openness. Staggered-stall carport is at right*



They lost *some garden space, but gained four parking stalls, storage*

Gazebo, deck, trellis . . . but most of all, a staggered carport makes this garden

As part of an overall landscaping plan for their 1923 house, Jackson and Dede Eddy knew they needed more garage and storage space for a houseful of teenage drivers. A long, staggered, four-stall carport running the full depth of the back garden was the solution of landscape architect Owen Peters of Eriksson, Peters, and Thoms.

From one side, the new structure is a functional place to park four cars, with over-the-hood storage cabinets at the head of three spaces and a small workshop in the remaining stall (see photograph at right below). From the garden side, it's a trellis-topped shingled wall that makes an attractive backdrop for lawns and flower beds.

A hexagonal gazebo at the lawn's far end creates an area for entertaining and gives the garden a feeling of depth. Its mansardlike roof is shingled to match the carport walls.

A generous outdoor living deck wraps around the end of the house with access from both kitchen and family room. Jack Eddy used preservative-treated Douglas fir 2 by 6's spaced so that big barrel planters can drain right through the deck to the ground below. □

Shingled back wall *creates nooks for shrubs; overhanging beam ends are trellises for grape vines. Grapestake fencing was used beside the gate and elsewhere in the yard*

Carport *is a simple, flat tar-and-gravel roof supported by sturdy poles. Note storage cabinets at ends of stalls; one at left conceals a small workshop*

Photography by D. E. Wolfe

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How to make a ceramic [illegible] It takes time but it's not expensive

Fat hippo, *demure duck, and friends hang by leather laces under a painted ceramic rainbow*

DARROW M. WATT

1 • *Duck traced from storybook, is retraced on railroad board*

A ceramic mobile is one way a child can make a favorite book character come to life. Since it is traced right from illustrations and transferred onto clay, one doesn't need much artistic skill or knowledge of ceramics to make a good-looking mobile. An older child can make one as easily as an adult can.

Because of drying time and kiln rental, clay work is especially suited to group projects continuing over three or four weeks. We took a short cut by painting the fired pieces with acrylic or ceramic paint, which eliminates kiln glazing.

To make a mobile similar to the one pictured here, begin by choosing several illustrations from a child's book (3 to 5-inch figures seem to work best). Trace each outline on a thin piece of paper with a soft pencil. Turn the tracing over and retrace the outline onto the lightweight cardboard; your first tracing becomes a carbon with the pencil mark transferring onto the cardboard. Cut out the design and you have a pattern.

You'll also need a larger design for the top: a rainbow, sun, or just a loop drawn freehand. The top can hang in the same plane as the animals (see photograph above) or it can be perpendicular to them if you want a mobile that floats three-dimensionally.

Buy about 2½ pounds of low-firing, (06-01) white clay for each mobile, several colors of acrylic paints or water-base ceramic paints, and a can of ceramic spray varnish or clear amyl lacquer. The animal mobile has leather lacing attaching the parts; you could also use strong jewelry cord.

Other materials to have on hand are: a 12 by 12-inch piece of canvas, masking tape, two slats of wood ¼ inch thick, a rolling pin, a glass or paper cup, a mat knife, two paint brushes (one big, flat, and soft; the other fine), an assortment

2 • *Slam ball of clay onto canvas taped to tabletop*

3 • *Roll clay between ¼-inch slats to make a smooth, even layer*

4 • *Cut around cardboard pattern to form clay figure*

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Volaré offers more cargo space than other small American wagons. Other small American wagons in Volare's class just aren't. Comparisons don't exist. Better you should compare Volaré to big station wagons (83% as much space as a Chevrolet Impala wagon); or mid-size wagons (more passenger space than a Chevelle wagon). Pinto? Pacer? C'mon.

24 mpg/ 17 mpg. Volaré puts out some pretty impressive EPA estimates for highway and city driving, based on 6-cylinder 2-barrel engine and manual transmission. Your mileage could differ depending on how and where you drive and your car's optional equipment, and will be lower in California and certain other areas. But considering Volare's huge cargo capacity, 24 and 17 are nothing short of fantastic, sensational and terrific. To put it mildly.

The liftgate is gas assisted for ease of operation. At various times there have been 1-way tailgates, 2-way tailgates, 3-way tailgates, even vanishing tailgates. Everybody tries to design their own tricky way to get into the cargo area. But the test of a good tailgate is simply this: It should work. It should get out of the way in a hurry, yet close easily and efficiently. (Volare's does.) What it shouldn't do is pad out the price with rattle-prone gadgetry. (Volare's doesn't.)

Volare's isolated transverse suspension. Underneath the comforts of room, size and price is a ride that compares favorably to big wagons. It results from isolating, bending and mounting torsion bars in transverse fashion. Given time, other wagon makers may someday duplicate Volare's isolated transverse torsion bar suspension. Maybe. Someday.

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Even the price is comforting. It all comes down to price. And it's our contention, nobody has more features coming down on a lower price than Volaré. Just $3941* for the base Volaré Wagon to your left. The Premier model shown above is, of course, more expensive. Putting the accent on comfort paid off. It has more people putting their money on Volaré than any other wagon in America.

*Manufacturer's Suggested Retail Price excluding: taxes, license, destination charges, whitewalls ($39.25) and deluxe wheel covers ($32.00). Prices higher in California.

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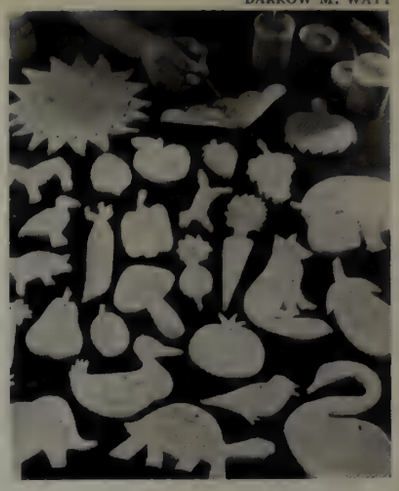
DARROW M. WATT



Turtle, carrot, *pea pod, fox, canopy, and other pieces have been fired, are now at painting stage*

of tools for decorating and making holes in the clay (toothpicks, straws, forks, skewers).

Prepare a place for rolling the clay by taping the canvas to a flat surface. Knead a handful of clay for a few minutes and throw it onto the canvas to remove any air bubbles. Put the slats on either side of the clay, flatten it out, and use a rolling pin to make an even layer.

Fit cardboard patterns onto the slab and carefully cut along edges with a mat knife (if you use a regular knife you'll have to hold onto the blade). Peel away excess clay between the pieces.

You'll need some slip to smooth the edges: In a cup mix 1 teaspoon clay to 2 teaspoons water and gently rub this over all rough areas. With a straw or skewer, make a hole in the top center of each figure. Use kitchen implements to decorate and add texture.

Little balls of clay can be used for eyes or other bas-relief features. Poke a small hole in the figure, put some slip clay in it, and drop the ball into place.

Let the clay figures dry on newspaper for a few days, turning them daily. When they no longer feel cold to touch, they are ready to be fired. (To rent kiln space, see the yellow pages under Ceramic Equipment and Supplies—Retail.)

The cost of custom firing depends on the space occupied by the pieces. It may vary from 30 to 50 cents for a 1-cup volume. The pieces can be stacked on top of each other in the kiln, six or seven high if they are flat and of similar size. To fire one mobile may cost $2 or $3.

Once fired, brush each figure with acrylic or ceramic paint, according to directions on the jar label. Usually two or three coats are required on each side. The paint will dry quickly between coats. Then finish each piece with ceramic varnish or lacquer.

Knot cord onto each figure and tie to the top piece so figures do not touch. Hang up with a nail or screw. □

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Introducing Thermatronic II, the super Micro-Thermal Oven wall unit, the world's most advanced cooking system. Provides five basic methods: conventional, microwave, a combo of microwave-conventional, microwave broiling and conventional broiling.

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NORMAN A. PLATE

Brightly striped *poolside cabañas keep dripping swimmers out of the house*

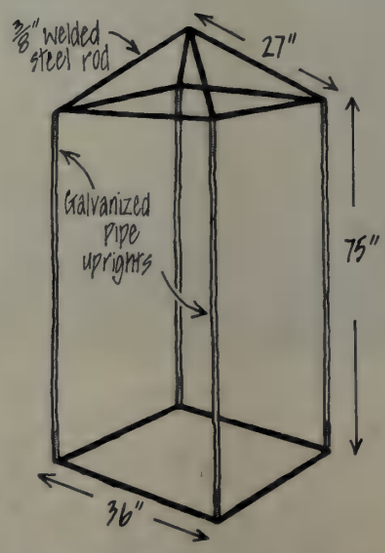
Portable cabañas at poolside

Guests can change into their swimsuits right at poolside in these small portable cabañas.

The frameworks can be disassembled for easy storage in winter. Top and bottom units have 6-inch-long, ⅜-inch steel rods welded at each corner to make short stubs; these slip into ⅜-inch (inside diameter) galvanized upright pipes.

Heavy acrylic sun and weather-resistant side covers fasten with snaps around the framework; a separate fringed "hat" slips over the top.

The cabañas were designed and built by the Pasadena Awning Company for Mr. and Mrs. Don R. Jacobson of San Marino, California. Cost of each was approximately $125. □



Short corner stubs *(gray tone) slide into galvanized pipe uprights*

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SEASIDE TV Mart, 1721 Fremont Blvd.
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Campora Appliance, 118 N. California Street
TULARE Gordon's Electric, 348 E. King Street
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Ours

All Frigidaire Jet Cone Washers have an exclusive up-and-down Agitator action. It gets clothes down to the bottom of the tub, where cleaning power is greatest, an average of 9 times per regular wash cycle.

*Tested in accordance with the AHAM standard HLW-1 Soil removal test using a 15 lb. weight mixed cotton test load.

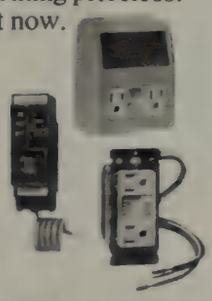
FREE booklet could save your life

This booklet describes an electrical hazard called "ground fault".

It explains why fuses, circuit breakers—and, in many cases, grounding wires—can't protect you and your family against potentially fatal electrical shocks caused by ground faults.

It shows what *can* protect you: easy-to-install GE devices called Ground Fault Circuit Interrupters.

The booklet costs you nothing but could save something priceless: your life. Send for it now.



GE Ground Fault Interrupters for circuit breaker panels, receptacles, portable plug-in use. At hardware stores, or ask your electrical contractor.

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Please send free booklet about ground faults and GE's Ground Fault Circuit Interrupters.

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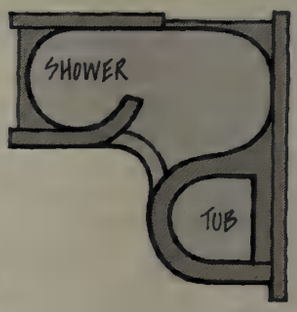
DON NORMARK

Small tiled tub *has raised seat, sunken space for your feet. Tall, curved wall screens shower*



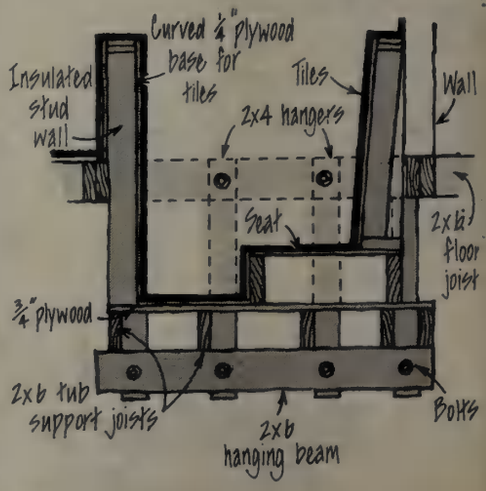
Tub and shower are sculptured in tile

Graceful curves of tile merge tub and shower into a single sculptured unit in this bathroom designed by architect James Ellmore of Santa Cruz, California.

The base for the tile is ¼-inch exterior-grade plywood bent around a framework of upright 2 by 4's that are set apart 8 inches on center and insulated between. The partly sunken tub was hung from the floor joists instead of resting on its own footing, to prevent cracking if a footing should settle; the drawing at right shows its basic structure. The top of the tub is 16 inches above floor level, its bottom 20 inches below. It is small in diameter but has the capacity of a normal bathtub.

A raised curb connecting tub and shower keeps pooling shower water away from the bathroom carpet. The curved wall eliminates the need for a shower curtain. □

Sunken tub *rests on joists atop beam hung from the floor joists. Dark tone shows cutaway view of basic framework; light tone shows supports on far side of tub*



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NORMAN A. PLATE

Folded out, *shelf hinged to a railing holds plants for potting and display*

Folding shelf for plant display

A flip-up shelf outside serves many functions. You can use it for plants or as a counter for buffet serving. It's also a great space saver: when you don't need it, it folds down out of the way.

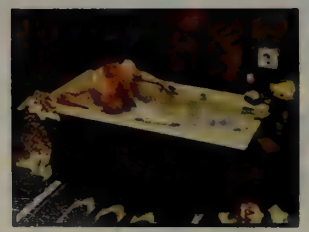
This one, designed by R. S. Lowery of Holualoa, Hawaii, is made of 1 by 2's. It's 8 feet long, 9¼ inches wide, and attaches to the inside of the railing posts with three 4-inch strap hinges. It could also fit easily against a house wall or on a garden screen or fence.

Other good locations would be a narrow side yard where there's no room for a permanent counter or work bench, or outside a window for displaying flowering plants. □

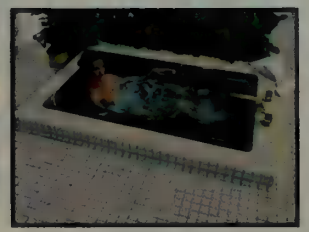
To fold down, *all you do is remove a metal hook at each end*

UNTIL THIS YEAR, THE FINEST WHIRLPOOL BATHS AVAILABLE DIDN'T EXIST.

The Bath in Fiberglass 5½′ x 7′. 6 adjustable jets.



Caribbean in Enameled Cast Iron. 6′ x 36″. 4 adjustable jets.



Steeping Bath in Enameled Cast Iron. 5′ x 36″ x 20″ deep. 4 adjustable jets.

Because until this year, whirlpool baths weren't available from Kohler. Now they are. And they're the best you can buy, for good reasons.

Kohler whirlpool baths offer you a choice. The Bath in fiberglass, 5½′ x 7′. The 6′ Caribbean and the 5′ long, 20″ deep Steeping Bath, both in durable enameled cast iron. All in an unmatched selection of original colors to complement other Kohler fixtures. All with more built-in adjustable jets than most other whirlpool baths... and dual air controls for more pleasurable water massage.

Kohler whirlpool baths are designed for comfort, too. Unlike some whirlpool baths which have ridges and bulges, Kohler baths are engineered for comfort and deep down whirlpool enjoyment.

Given the facts, Kohler's new whirlpool baths are the finest available. Our competitors might call it beginner's luck. We call it a Kohler tradition, and it has been going on for more than 100 years.

For more information on Kohler whirlpools, send 50¢ to Box HB, KOHLER CO. KOHLER, WI 53044 Kohler products available in Canada.

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See next page for additional locations

Additional locations:

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Mt. Shasta Mall
VanDyke's Shoes
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Sacramento
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DARROW M. WATT

Pole with hook *attaches to an eyebolt on the screen. Each section can be pulled out to block the hot summer sun*

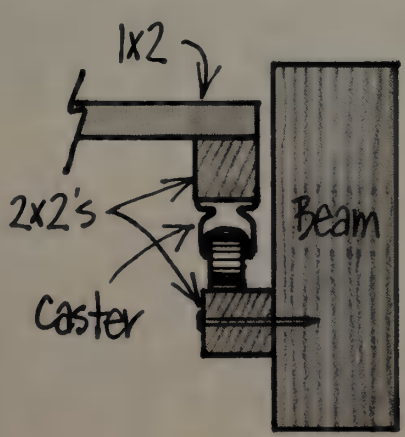
Overhead wood heat screens roll out when you need them

This interior courtyard collects sun all day long. In the winter this is ideal; but in the summer it can be like a furnace.

To block out some of the summer sun, builder-designer Robert Sutherland devised three pairs of movable overhead wood screens for the John Rileys of San Rafael, California. Each screen rests on casters and can be rolled out from under the surrounding roof overhang when temperatures soar. The casters roll along wood tracks attached to the roof beams that pass through the courtyard.

The width of each screen is just less than the distance between beams; this permits easy movement but keeps the screens from falling off their tracks.

In the picture above, note that at the near end of the patio the screen frames were extended lengthwise—without slats—under the roof overhang in order to reach a beam. □



Screen rolls *on casters along a track of 2 by 2's lag-screwed to beams*

BILL ROSS

Cozy *sleeping quarters in a high-ceilinged bedroom: Canopy bed was designed and built by Bob Perine of Encinitas, California, at a materials cost of $135. Below, upper corner detail shows how 1 by 6, 2 by 4, and 4-by-4 post are joined with hex-head bolts*

Materials:

- Six yards of 36-inch-wide fabric
- Eight 35½ by ½-inch dowels
- Four 96-inch 4 by 4's
- Three 96-inch 2 by 4's
- One 86-inch 2 by 4
- One 74-inch 2 by 4
- Two 86-inch 2 by 2's
- Four 34-inch 2 by 2's
- Two 86-inch 1 by 8's
- Two 83-inch 1 by 8's
- Two 90-inch 1 by 6's
- Twenty-four ¼ by 4½-inch hex-head or carriage bolts
- Four ¼ by 5½-inch bolts
- Eighteen ¼ by 2½-inch bolts, each with nut and two washers
- Thirty-two 1½-inch (4d) finishing nails
- Two 2-inch L-brackets with screws
- Eight 3-inch #8 woodscrews

Standard milled boards from the lumberyard, straightforward joinery that requires few tools, and a knock-down capability are what these four beds have in common.

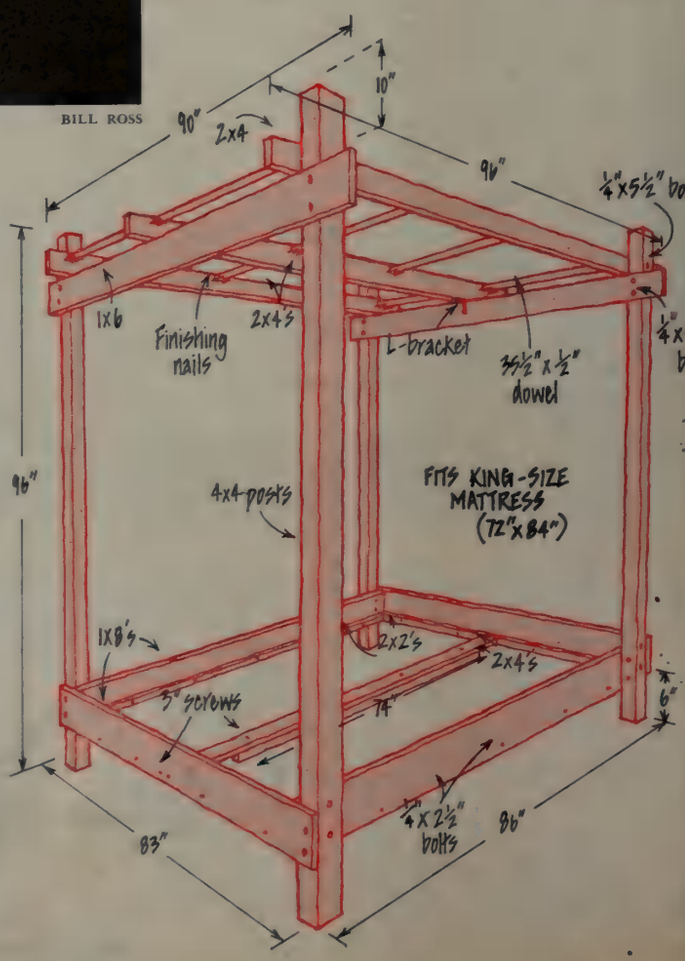
The only tools you need are a hammer, saw, drill, screwdriver, wrench, and chisel. You'll also need sandpaper to smooth the pieces before assembly. Then leave them natural or apply whatever you prefer—oil, stain, or a clear finish. For obvious reasons, do your final construction in the room where the bed will rest.

The thickness of your box springs and mattress will determine how high you locate the support ledgers or crosspieces. Other dimensions can also be adjusted to fit various standard bed sizes. Allow ample side and end clearance to tuck in blankets.

The giant canopy bed on this page holds a king-sized mattress and two-piece box spring. Its 8-foot height limits it to bedrooms with lofty ceilings—but the canopy posts could be lowered a few inches without hurting the design.

Start by assembling the two ends. Lay pairs of the posts down and bolt the upper 1 by 6's and lower 1 by 8's in place after predrilling 5/16-inch holes. When the two ends are complete, finish the basic frame by bolting on the 1-by-8 lower sides. Use the ¼ by 4½-inch bolts with two washers for these joints.

Use four ¼ by 5½-inch bolts to secure upper 2-by-4 sides to posts. Mount



Four beds from the lumberyard

You need only standard tools. Each bed will knock down

he center 2 by 4 using a pair of L-rackets screwed to the end 1 by 6's.

The canopy dowels rest on pairs of 1½-nch (4d) finishing nails spaced 29 inches part. Make the 35½-inch-wide fabric anopies from two 3-yard-long pieces of abric with 1¼-inch-wide casings sewn n every 32 inches to receive the dowels.

To complete the bed, use 2½-inch bolts o secure a support ledger of 2 by 2's to he inner perimeter of the 1 by 8's. For nattress support, add the center pair of by 4's (screwed together to form a T).

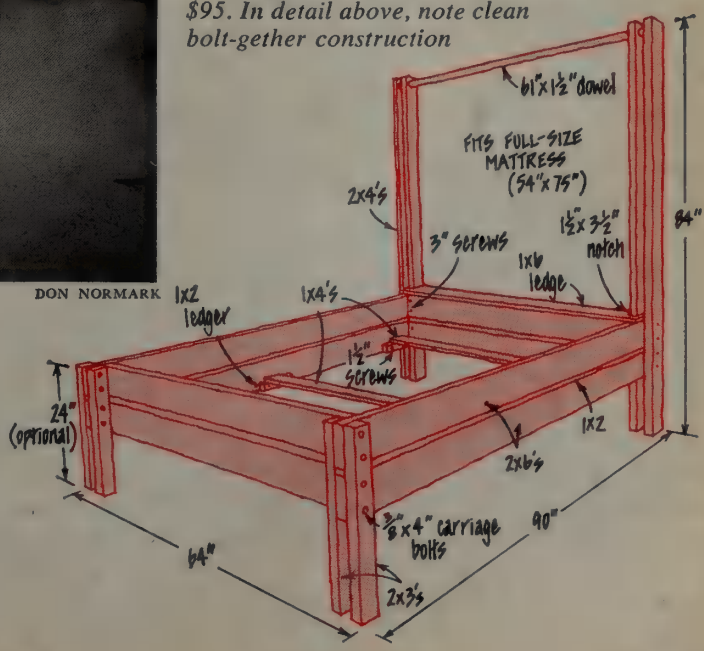
The extra tall headboard on the bed shown below was designed for a rotating display of this family's textile collection; you could lower it to a more conventional height. The owners also like their mattress 28 inches off the floor; if you prefer a lower bed, make the sides about 14 inches high.

With all pieces cut to length and sanded, predrill holes for the screws and the 1½-inch dowel. Drill 1-inch diameter recesses ⅛ inch deep for the bolt heads and ½ inch deep for the nuts and washers, then drill the bolt holes with a 7/16-inch bit. Where several pieces overlap, clamp them together while drilling so the holes will align.

Start by nailing or gluing a 1-by-2 accent strip on each bottom 2 by 6, then glue on the upper 2 by 6. Bolt the assembled sides between the vertical two-piece legs. Insert the dowel, screw on the laminated front and back, and glue on the notched headboard ledge. Finally screw and glue on the six 1 by 2 by 8-inch ledger blocks and add the three 1-by-4 crosspieces to

DON NORMARK

Redwood 1 by 2's *form accent stripes between fir sides of high-backed bed designed and built by Arn Ghigliazza, Santa Cruz, California. Materials cost about $95. In detail above, note clean bolt-gether construction*



Materials:

- Four 90-inch 2 by 6's
- Four 58-inch 2 by 6's
- Four 84-inch 2 by 4's
- Four 24-inch 2 by 3's
- One 61-inch 1 by 6 (notched)
- Three 58-inch 1 by 4's
- Two 90-inch redwood 1 by 2's
- Two 58-inch redwood 1 by 2's
- Six 8-inch 1 by 2's
- One 61 by 1½-inch dowel
- Sixteen ⅜ by 4-inch carriage bolts with washers and nuts
- Twelve 1½-inch #8 woodscrews
- Sixteen 3-inch #8 woodscrews
- Sixteen 1½-inch (4d) finishing nails
- Wood glue

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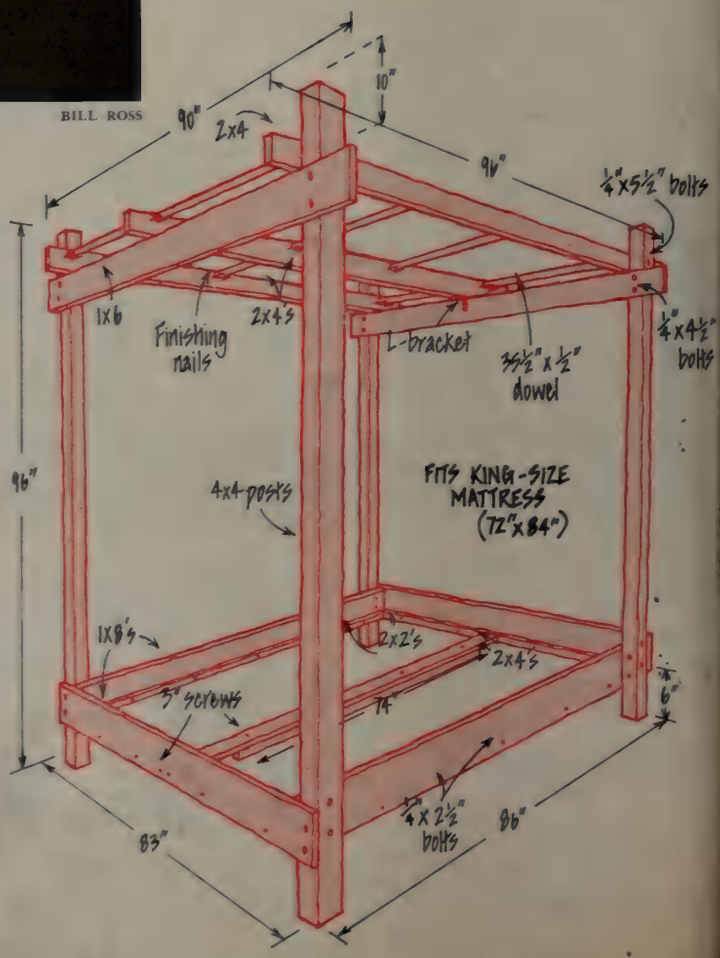
- Two 2-inch L-brackets with screws
- Eight 3-inch #8 woodscrews



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With all pieces cut to length and sanded, predrill holes for the screws and the 1½-inch dowel. Drill 1-inch diameter recesses ⅛ inch deep for the bolt heads and ½ inch deep for the nuts and washers, then drill the bolt holes with a 7/16-inch bit. Where several pieces overlap, clamp them together while drilling so the holes will align.

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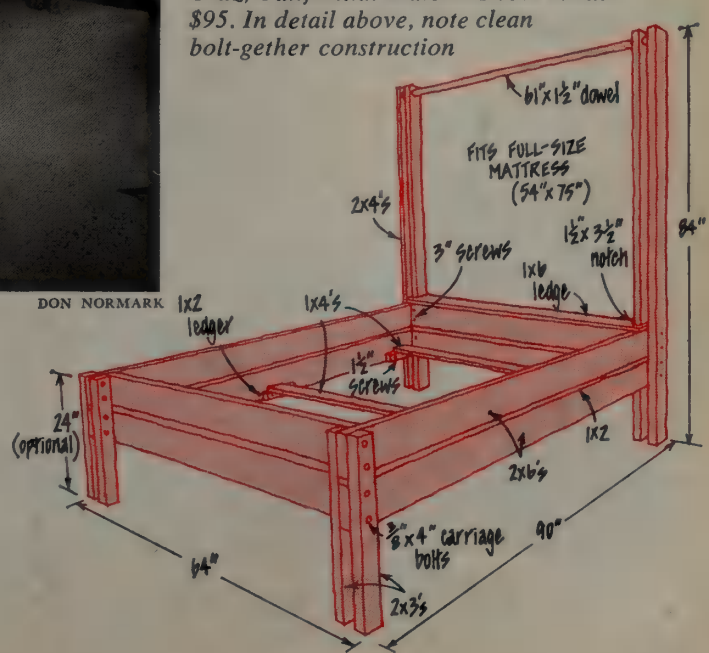


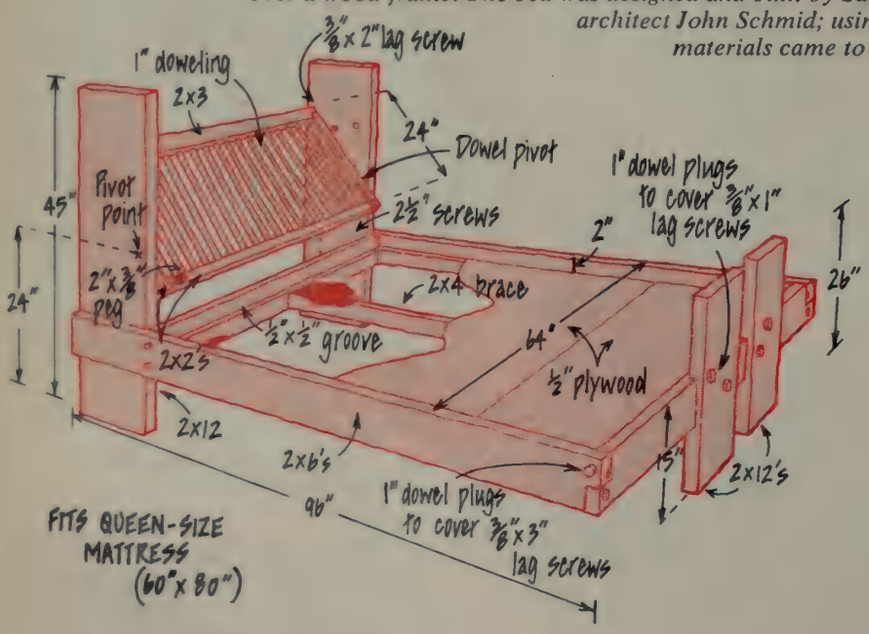
Materials:

Four 90-inch 2 by 6's
Four 58-inch ■ by 6's
Four 84-inch ■ by 4's
Four 24-inch ■ by 3's
One 61-inch 1 by ■ (notched)
Three 58-inch 1 by 4's
Two 90-inch redwood 1 by 2's
Two 58-inch redwood 1 by 2's
Six 8-inch 1 by 2's
One 61 by 1½-inch dowel
Sixteen ⅜ by 4-inch carriage bolts with washers and nuts
Twelve 1½-inch #8 woodscrews
Sixteen 3-inch #8 woodscrews
Sixteen 1½-inch (4d) finishing nails
Wood glue

DARROW M. WATT

Adjustable headboard *could also be made from solid wood or padded fabric over a wood frame. The bed was designed and built by San Francisco architect John Schmid; using redwood, materials came to about $100*

Pegs in holes *allow headboard to be positioned for reading. Holes are drilled after headboard is mounted on pivot dowel*



Materials:
Two 45-inch 2 by 12's
Two 26-inch 2 by 12's
Two 96-inch 2 by 6's
One 64-inch 2 by 6
One 61-inch 2 by 6
One 81¾-inch 2 by 4
One 57-inch 2 by 3
One 57-inch 2 by 2
Two 22¾-inch 2 by 2's
One 48 by 61¾-inch piece of ½-inch plywood
One 34½ by 61¾-inch piece of ½-inch plywood
Seventeen 21½ by 1-inch dowels
Fourteen 1 by 1-inch dowel plugs
Two 2 by 1-inch dowel pivots
Two 4 by ¾-inch dowel stops with ⅜-inch dowel tees
Two 2 by ⅜-inch dowel pegs
Eight ⅜ by 3-inch lag screws
Two ⅜ by 2-inch lag screws
Four ⅜ by 1-inch lag screws
Twelve 2½-inch #10 woodscrews
Wood glue

support the box springs.

The tilting headboard on the bed above adjusts for comfortable reading. Joinery here is a little more complex than for the others, but you can simplify it by gluing and screwing together simple lap joints and butt joints where dadoes or end lap joints are called for. The dadoes are best cut with a dado head on a power saw, but they can be made with a router, grooving plane, or saw and chisel.

With all boards and dowels cut to length, cut the notches and dadoes and mark the holes for the lag screws. Drill 1-inch-diameter, ¾-inch-deep recesses at the marks to receive 1 by 1-inch dowel plugs; then drill ¼-inch holes for the lag screws.

For the dowel headboard, starting 4½ inches from one end of the top 2 by 3 and bottom 2 by 2, drill seventeen 1-inch holes ¾ inch deep on 3-inch centers. Insert the dowels, then add the sides using a plug-covered 2-inch lag screw on top and a 2 by ⅜-inch dowel peg through the bottom. Finished headboard size is 24 by 57 inches.

The headboard tilts on a pair of 2 by 1-inch dowel pivots hidden in holes drilled halfway into the 2-by-2 sides and 2-by-12 headboard legs (see diagram). Another pair of ¾-inch dowels act as stop pegs (note detail in small photograph). Drill the ⅞-inch stop holes in the headboard legs after the bed is assembled.

Two sheets of ½-inch-plywood—one 48 by 61¾, the other 34½ by 61¾—slip into a ½ by ½-inch groove cut into the horizontal bed frame 2 inches from the top. (You could instead just tack a ledger around the inside perimeter and reduce size of plywood.) The mattress sits directly on this plywood platform.

With plywood in place, screw together the four sides using ⅜ by 3-inch lag screws; cover the lag screws by gluing in dowel plugs. Using four 2½-inch screws, add the middle 2-by-4 brace;

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There are 15 brands of portable typewriters on the market.

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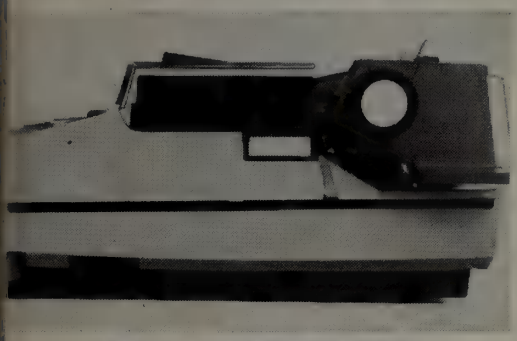

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When we designed our cartridge, we re-designed our typewriters.

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The hole is for our cartridges.

Next to the hole is a lever. Depress the lever and the cartridge pops out.

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mistake

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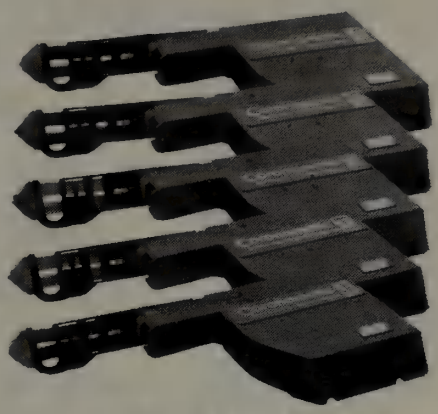
The hole also accommodates a correcting cartridge.

So when you make a mistake, you can snap out the typing cartridge, snap in the correcting cartridge, type over the mistake, snap the typing cartridge back in and type the correct character—all in ten seconds or less.



FIVE COLORS

Cartridges come in black, red, blue, green, and brown.

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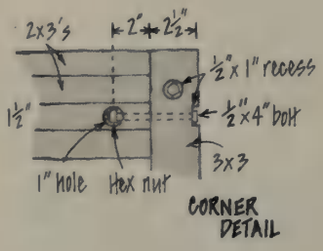
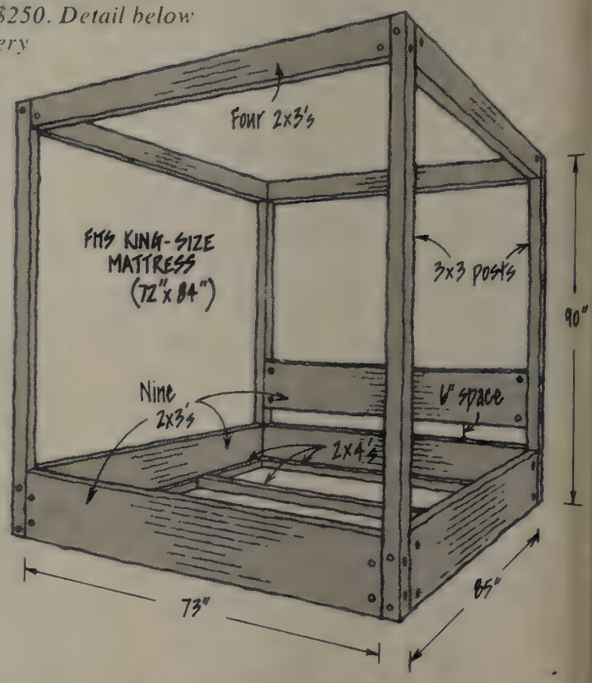
GLENN CHRISTIANSEN

Hemlock 2 by 3's *glued together make the massive horizontal "beams" of this bed, designed and built by Portland architect Will Martin. Materials cost about $250. Detail below shows end view of top-corner joinery*





Materials:
Four 90-inch 3 by 3's
Two 85-inch 2 by 4's
Three 70-inch 2 by 4's
Twenty-six 85-inch 2 by 3's
Thirty-five 73-inch 2 by 3's
Twenty-eight ½ by 4-inch hex-head bolts with nuts
Twenty 2½-inch (8d) box nail
Wood glue

glue it to bottom of plywood. Using ⅜ by 1-inch lag screws, add the two notched end legs, positioning them anywhere along the foot of the bed.

Next, fit together the headboard, pivot dowels, and headboard legs, and slide this assembly into place between the sides of the bed. Working from the inside out, use four 2½-inch screws on each side to secure the headboard to the sides.

The laminated frame of the bed above creates clean, elegant lines, and the simple bolt-together system is both handsome and functional.

Start by laminating together stacks of 2 by 3's: The top horizontal sections consist of four pieces each; the bottom and headboard sections, nine each. Buy fir or hemlock milled with square edges, or pay the lumberyard to mill them square.

Laminate the 2 by 3's by gluing and clamping or gluing and nailing them.

As the detail drawing shows, the parts are bolted together by running ½ by 4-inch hex-head bolts through drilled and recessed holes in the 3 by 3's that intersect with 1-inch holes drilled through the 2 by 3's. A nut inserted into the 1 inch hole allows you to tighten the bolts.

For a support ledger, nail and glue a perimeter of 2 by 4's and one 2-by-4 crosspiece to the inside of the frame.

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Sunset's Kitchen Cabinet®

If there's an angler in your family, you probably know that this month opens trout season many places. When that first catch comes home, you might stuff the trout with a bacon-onion filling and cook them with our easy oven-fry method.

For family picnics this month, we've included beef and sausage sandwiches to appease the heartiest of appetites, and a coleslaw with a new twist. Or if it's a spring brunch you're planning,

Tuck onion-bacon filling into the cavity of each trout, then coat with crumbs

Bacon-stuffed Trout

Crush herb-seasoned croutons to get crumbs for this crusty fish coating.

- 6 slices bacon
- 1 large onion, chopped
- 6 trout (about 8 oz. each), cleaned
- 3 bay leaves, split lengthwise
- ½ cup crushed seasoned croutons
- ¼ cup grated Parmesan cheese
- ⅛ teaspoon *each* garlic powder and pepper
- 1 egg beaten with 1 teaspoon water
- 6 tablespoons butter or margarine
- Lemon wedges

Crisply cook bacon in a frying pan over medium heat; lift out, drain, and crumble. Discard all but 2 tablespoons drippings, add onion, and cook, stirring, till limp; stir in bacon. Place 2 tablespoons bacon-onion mixture in the cavity of each trout; top with half a bay leaf, close cavity, and secure with a skewer.

Combine crumbs, cheese, garlic powder, and pepper in a pie pan. Place egg mixture in another pan. Dip trout in egg mixture and then in crumbs, coating completely.

Place butter in a shallow rimmed baking sheet; set in a 500° oven to melt. Turn trout in butter; bake in a 500° oven until fish flakes, 12 to 15 minutes. Serve with lemon. Serves 6. —*H. H., Port Angeles, Wash.*

Toss Chinese cabbage, peas, radishes, and almonds with a sweet soy dressing

Oriental Cabbage Slaw

To prepare this salad ahead of time, chill the vegetables and dressing separately, then toss just before serving.

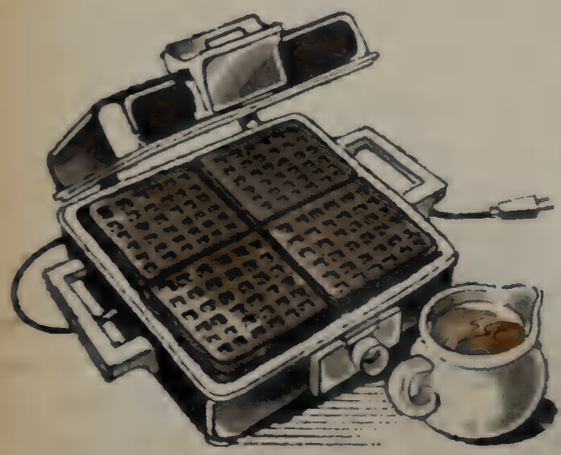
- 1 small head (about 1¼ lbs.) white or Chinese cabbage
- 2 cups (about 8 oz.) edible-pod peas or 1 package (10 oz.) frozen edible-pod peas, thawed
- 1 medium-sized bunch radishes
- ½ cup thinly sliced green onion
- 1 can (8½ oz.) sliced bamboo shoots, drained
- ⅔ cup slivered almonds
- Sweet soy dressing (recipe follows)

With a knife, coarsely shred the cabbage, cut pea pods in 1-inch pieces, and slice radishes. In a large bowl, mix cabbage, pea pods, radishes, green onions, bamboo shoots; cover and chill if made ahead.

Place almonds on a baking sheet; toast in a 350° oven until lightly browned, about 8 minutes. Set aside.

Just before serving, mix the dressing with the cabbage mixture; top with the toasted almonds. Makes 6 to 8 servings.—*H. F., Irvine, Calif.*

Sweet soy dressing. Combine ½ cup salad oil, ⅓ cup white wine vinegar, 3 tablespoons sugar, 2 tablespoons soy sauce, ¾ teaspoon ground ginger, ⅛ teaspoon cayenne, and ¼ teaspoon sesame oil (optional).



Pour a lemony honey-butter topping on these hot and crispy cornmeal waffles

Honey-topped Cornmeal Waffles

Wheat germ and cornmeal give these whole grain waffles a crunchy texture.

- 2 eggs, separated
- 2 cups buttermilk
- 1 cup whole wheat or unbleached white flour, unsifted
- ¾ cup cornmeal
- 2 teaspoons baking powder
- 1 teaspoon soda
- ½ teaspoon salt
- 2 tablespoons sugar
- ¼ cup wheat germ
- 6 tablespoons melted butter or salad oil
- Warm honey topping (recipe follows)

Beat egg yolks and buttermilk until blended. Stir together flour, cornmeal, baking powder, soda, salt, sugar, and wheat germ; gradually mix into yolk mixture until smooth. Stir in the butter until blended.

Beat the egg whites in a large bowl until stiff peaks form; fold in the cornmeal batter just until blended.

Bake the batter in a preheated waffle iron according to manufacturer's directions. Serve hot with honey topping. Makes about 1 dozen 4-inch waffles.—*P. N., Carmel, Calif.*

Warm honey topping. In a pan mix together 1 cup honey, 6 tablespoons butter or margarine, and 4 teaspoons lemon juice; heat the mixture and stir until butter melts.

try the cornmeal waffles or the vegetable-laden frittata.

To share your original summer recipes, mail them to *Sunset Magazine*, Menlo Park, Calif. 94025. We now pay $25 for each recipe published.

Bacon-stuffed trout, cornmeal waffles, beef and sausage picnic rolls

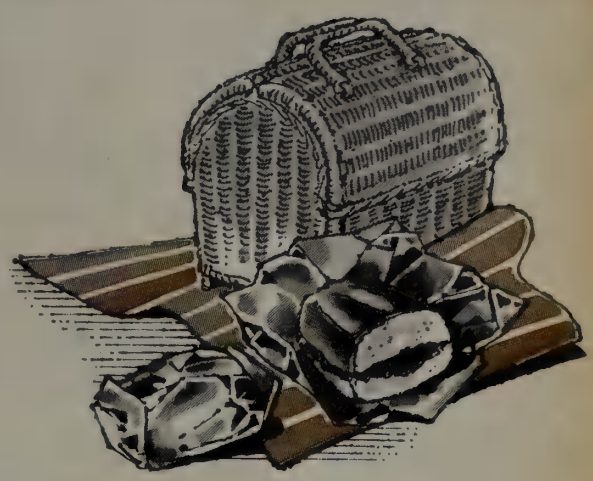
Meat-filled Picnic Rolls

Stuff brown-and-serve rolls with this spicy mixture and bake until crisp.

- 8 brown-and-serve French rolls (3½-inch size)
- ¾ pound *each* lean ground beef and bulk pork sausage
- 1 small onion, chopped
- 1 clove garlic, minced or pressed
- 1 small green pepper, seeded, diced
- 2 eggs, beaten
- ⅓ cup spicy prepared mustard
- 1 tablespoon Worcestershire
- 1½ teaspoons Italian herb seasoning (or ½ teaspoon *each* dry basil and oregano and thyme leaves)
- Salt and pepper
- 2 tablespoons melted butter or margarine

Split rolls. Pull out centers, leaving ¼-inch-thick crust; tear centers into crumbs and reserve 1 cup for filling.

Crumble the beef and sausage into a frying pan set over medium-high heat; cook, stirring, until meat is browned. Add the onion, garlic, and pepper and cook, stirring, until onion is limp. Drain off excess fat, then stir in the reserved bread crumbs, eggs, mustard, Worcestershire, Italian seasoning, and salt and pepper to taste. Pack meat filling into rolls. Brush roll tops with melted butter and bake in a 400° oven for 15 minutes or until browned. Makes 8 sandwiches.—*I. R. North Sacramento.*



Wrapped in foil, these meat sandwiches will keep warm for springtime picnics

Baked Mushroom Frittata

For a heartier supper entrée, add salami to this Italian-style egg dish.

- 4 tablespoons butter or margarine
- ¾ pound mushrooms, thinly sliced
- 2 medium-sized zucchini, sliced
- 1 can (4 oz.) diced California green chiles
- ¼ pound salami, diced (optional)
- 1 dozen eggs
- ½ teaspoon salt
- 1 teaspoon *each* thyme leaves and dry basil
- ⅛ to ¼ teaspoon liquid hot pepper seasoning
- ½ cup thinly sliced green onion
- 8 ounces mozzarella or jack cheese, shredded
- 1 cup grated Parmesan cheese

Melt the butter in a frying pan set over medium-high heat. Add the mushrooms and zucchini, and cook, stirring, until mushrooms are soft and all liquid has evaporated; stir in the chiles and salami, if used.

Beat together the eggs, salt, thyme, basil, and hot pepper seasoning until blended. Stir in the vegetables. Transfer the mixture to a well-buttered shallow 3-quart baking dish; top with the green onion and the mozzarella and Parmesan cheeses. Bake uncovered in a 425° oven for 20 minutes or until center barely jiggles. Let stand 5 minutes before serving. Makes 6 to 8 servings.—*A. R., Los Angeles.*

Add sautéed mushrooms and zucchini to a savory egg mixture and quickly bake

Rhubarb Apple Berry Pie

You can adjust the sugar level in the pie to suit the apple you choose; use the lower amount for Golden Delicious, the higher for tart Pippins.

- 1½ pounds rhubarb, cut in ½-inch pieces
- 2½ cups thinly sliced, peeled apples
- ½ cup strawberry jam
- ½ to ¾ cup sugar (see note above)
- 3½ tablespoons quick-cooking tapioca
- Flaky pastry (directions follow)
- 2 tablespoons butter or margarine

Stir together the rhubarb, apple slices, jam (crush large pieces), sugar, and tapioca until blended; set aside.

Prepare pastry as directed; divide in half. Roll out each portion to make a 12-inch circle. Ease one portion into the bottom of a 9-inch pie pan; turn filling into crust and dot with butter. Place other pastry circle on top of filling; flute edges to seal.

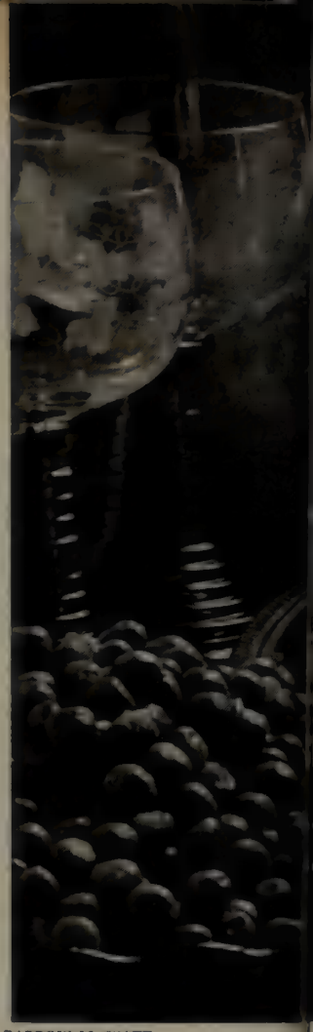
Make several slashes on top of pie and bake in a 425° oven until crust is brown and fruit is tender, about 40 minutes. Serves 6.—*S. M., Lake Oswego, Ore.*

Flaky pastry. Stir together 2 cups all-purpose flour (unsifted) and ¾ teaspoon salt; with a pastry blender cut in ⅔ cup solid shortening until mixture resembles coarse cornmeal. Add ⅓ cup cold milk; stir to blend. □

Chunks of rhubarb mingle with sliced apples in this sweet-tart pie filling

The Persians have a way with rice

Steaming, fluffy, tender but crusty too. Here are 7 Persian style recipes using our long grain rice ... and 5 spoon-over-rice meat stews



DARROW M. WATT

Rice is the mainstay of Persian cuisine. It comes to the table in a steaming fluffy cone of tender, dry grains—accompanied by an even more delicious crunchy crust of rice off the bottom of the pan. Two-step cooking does it. First you parboil the rice; then steam it slowly in a buttered pan.

Although different from the rice variety grown in Iran, our long grain rice is excellent when cooked the Persian way. Depending on the dish it will accompany, the rice may be served plain, topped with fruit and nuts as shown at right, or embellished in a variety of ways. It's often served with stewed meat to spoon over it, so we include recipes for some typical Persian stews.

Persian Rice

Water
3 tablespoons salt
2 cups regular long grain rice
¼ cup (⅛ lb.) butter or margarine
Fruit and nut topping (optional)

Bring 3 quarts water to boiling in a 4 to 6-quart kettle. Add salt and rice. Stir once as it returns to a full boil. Boil, uncovered, for exactly 10 minutes. Drain in a large colander, rinse in cold water, then drain again.

Place a 4 to 5-quart Dutch oven or a heavy 10-inch frying pan on a range element as wide as pan bottom; heat the butter with 1 tablespoon water over medium-low heat until bubbly. Swish butter around pan sides and spoon in rice; smooth top. Wrap the pan lid with a clean towel by bringing opposite corners of towel up over handle and tying loosely; set lid on pan. Cook for 10 minutes, then reduce heat to low and cook for about 20 minutes more. Turn heat to lowest setting or off; leave pan covered until serving—as long as 20 minutes.

With a large spoon, lift out loose rice and pile lightly on a warm serving plate. Use a spatula to loosen and remove crust on bottom; distribute around base of rice. Top with fruit and nuts, if you wish. Makes about 6 cups.

Fruit and nut topping. In a small pan, melt 1 tablespoon butter or margarine over medium heat. Add ¼ cup blanched whole or slivered almonds. Heat, stirring, until toasted. Add ¼ cup raisins or snipped dates and heat, stirring, until hot through.

Persian Rice with Lentils

The lentils add nutrients; they're delicious with most plainly cooked or stewed meats.

Rinse 1 cup lentils, then combine in a pan with 3 cups water and ½ teaspoon salt. Bring to boiling, then cook, covered, over low heat for about 25 minutes, or until just tender. Drain.

Prepare Persian Rice as directed, except spoon only about half the parboiled rice into butter mixture. Spoon lentils over rice, keeping them about 1 inch from edge of pan. Sprinkle lentils with ¼ teaspoon *each* thyme and oregano leaves. Spoon remaining rice over the lentils. Finish cooking and serve as directed. Makes about 8 cups.

Rice with Carrots

Slightly sweet and spicy, this dish complements lamb or poultry.

Peel and shred carrots to make 3 cups. In a frying pan, melt 2 tablespoons butter or margarine over medium heat. Add 1 medium-sized onion, chopped, and sauté until limp. Add carrots, 3 tablespoons brown sugar, and ½ teaspoon *each* salt and ground cinnamon. Cook, stirring, for 10 minutes; set aside.

1 • *For rice with lentils, put parboiled rice in pan with butter; add lentils keeping them 1 inch from sides*

Prepare Persian Rice as directed, except spoon only half the parboiled rice into butter mixture. Spoon carrot mixture over rice, keeping it 1 inch from pan sides. Spoon remaining rice over carrots. Finish cooking and serve as directed. Makes 7 to 8 cups.

Rice with Peas and Dill

Try it with fish or barbecued chicken, lamb, or beef.

Thaw 1 package (10 oz.) frozen peas. Prepare Persian Rice as directed, except spoon only half the parboiled rice into pan. Scatter thawed peas over rice, keep

Fluffy mound *of rice is edged with crunchy rice kernels from bottom of pan and topped with toasted nuts, fruit; serve with roast chicken and peas*

2 • *Distribute remaining parboiled rice lightly over lentils, then smooth evenly over top*

3 • *Cover with the pan lid wrapped in a towel to keep condensing steam from dripping on rice as it cooks*

ng them 1 inch from pan sides. Sprinkle vith 1 teaspoon *each* dill weed and ugar. Spoon remaining rice over peas. Finish cooking and serve as directed. Makes about 7 cups.

Rice with Fruit and Spice

Serve with grilled or roasted chicken, amb, or beef.

In a small frying pan over medium heat, melt 2 tablespoons butter or margarine. Add 1 small onion, chopped, and sauté until limp. Add 1 cup raisins, currants, or snipped dates; ¼ teaspoon ground cinnamon; and ⅛ teaspoon ground nutmeg. Stir about 1 minute.

Prepare Persian Rice as directed, except spoon only half the parboiled rice into pan. Spoon fruit mixture over rice, keeping it about 1 inch from pan sides. Spoon remaining rice over the fruit. Finish cooking and serve the rice as directed. Makes about 7 cups.

Green Herb Rice

This is a good choice with fried fish or roast, grilled, or stewed lamb or poultry.

In a small frying pan, melt 2 tablespoons butter or margarine over medium heat. Add 1 cup thinly sliced green onion, including tops; cook, stirring, for 3 minutes. Remove from heat and stir in ½ cup chopped fresh coriander, also called cilantro, (or 4 teaspoons of the dry leaves) and ¼ cup chopped parsley.

Prepare Persian Rice as directed, except spoon only half the parboiled rice into pan. Spoon herb mixture over rice, keeping it about 1 inch from pan sides. Spoon remaining rice over top. Finish cooking and serve as directed. Makes about 7 cups.

Persian Rice for a Party

Double all the ingredients for Persian Rice or any of the recipe variations, except use only 5 quarts water with 5 tablespoons salt for parboiling the rice. You'll need a kettle at least 7-quart size for boiling the rice. For the final steaming, use a Dutch oven at least 5-quart size. Makes 12 to 16 cups.

When Persian Rice is served with one of these succulent stewed meats, it makes a simple, yet exotic meal. All you might add is a fresh green salad.

Lamb or Beef with Eggplant

- 2 tablespoons salad oil
- 2 pounds lean boneless beef chuck or lamb shoulder, in 1½-inch cubes
- 2 large onions, sliced vertically
- 1 can (1 lb.) tomatoes
- About ½ cup water
- 1 beef bouillon cube
- 1 teaspoon *each* turmeric and ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 (about 1¼ lb. *each*) eggplant
- About 2 tablespoons salt
- About 6 tablespoons *each* butter and salad oil
- 1 large green pepper, cut vertically in ¾ inch strips

In a 5-quart Dutch oven, heat the 2 tablespoons oil over medium-high heat; put

DARROW M. WATT

Spicy stewed lamb *simmered with eggplant slices and green pepper strips makes a fine meal spooned over Persian rice with lentils*

in meat and cook, turning often, until browned. Push meat to one side and cook onions until limp. Add tomatoes, including liquid (break up tomatoes with a spoon), ¼ cup of the water, bouillon cube, turmeric, cinnamon, the ½ teaspoon salt, and pepper. Cover and simmer gently, adding more water if needed, until meat is tender, about 45 to 60 minutes.

Meanwhile, rinse eggplant, remove both ends, and cut in ¾-inch-thick slices. Sprinkle both sides of each slice of eggplant with the 2 tablespoons salt. Stand slices up in a colander placed in the sink for 20 to 30 minutes (to draw liquid out of eggplant). Then rinse and pat dry.

In an 11 or 12-inch frying pan, heat 2 tablespoons *each* of the butter and oil over medium heat. Put in about ⅓ of the eggplant slices, cover pan, and cook until browned on one side; turn eggplant and cook, covered, until browned. Remove and drain on paper towels. Brown remaining eggplant, ½ at a time, using about 2 tablespoons *each* butter and oil each time.

Set green pepper on top of meat, then carefully set in eggplant. Cover and continue simmering until eggplant is completely tender, about 15 minutes. Remove eggplant with a wide spatula and arrange around edge of serving platter; set green pepper aside. Lift out meat with a slotted spoon and pile in center of platter. Cook down juices if needed, then pour over meat. Garnish with green pepper. Serves 6 to 8.

Chicken with Carrots and Kumquats

- 1 broiler-fryer chicken (about 3½ lbs.), cut up
- 2 tablespoons butter or margarine
- 2 large onions, sliced vertically
- About ¾ cup water
- 1 chicken bouillon cube
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ cup lemon juice
- 2 cups carrots, cut in ¼-inch slanting slices
- 8 to 10 preserved kumquats, thinly sliced, seeds removed
- 3 tablespoons kumquat syrup

Rinse chicken pieces and pat dry. In a 5 or 6-quart Dutch oven, melt butter over medium heat. Put in chicken and cook, turning, until browned on both sides; remove and set aside. Drain fat and return 3 tablespoons to pan; add onions and sauté, stirring until limp.

Add ½ cup of the water, bouillon cube, salt, pepper, and lemon juice; return chicken to pan; simmer, covered, until chicken is almost tender, about 30 minutes. Add carrots, kumquats, and syrup; continue cooking until chicken and carrots are tender, about 15 minutes, adding more water if needed.

Arrange chicken pieces in a bowl or rimmed serving plate. Add salt and pepper, if needed, and spoon sauce over chicken. Serves 4 or 5.

Lamb Shanks with Green Beans

- 3 tablespoons salad oil
- 6 lamb shanks, cracked (about 6 lbs.)
- 2 large onions, sliced vertically
- 3 cloves garlic, minced or pressed
- 1 large can (1 lb. 12 oz.) tomatoes
- 2 beef bouillon cubes
- About ½ cup water
- 1 teaspoon *each* salt and turmeric
- ¼ teaspoon *each* pepper and ground nutmeg
- ½ teaspoon ground cinnamon
- 1 teaspoon oregano leaves
- ⅓ cup lemon juice
- 2 pounds green beans, in 2-inch pieces
- Boiling, salted water

In a 6 to 8-quart Dutch oven, heat oil over medium-high heat. Add lamb shanks, part at a time, and cook until well browned all over; remove as browned and set aside. Add onion and garlic to pan and cook, stirring, until lightly browned. Add tomatoes and their liquid (breaking up tomatoes with spoon). Add bouillon cubes, ½ cup of the water, salt, turmeric, pepper, nutmeg, cinnamon, oregano, lemon juice.

Return meat to pan and simmer, covered, until very tender, about 2 to 2½ hours, turning meat in sauce several times and adding more water if needed. (You could do this much ahead, then reheat slowly.)

Meanwhile, cook beans in boiling water until just tender; drain. To serve, lift out meat and arrange on a rimmed serving plate. Skim any excess fat from juices. Add beans to juices and cook just to heat through. Spoon beans and juices over meat. Makes 6 servings.

Chicken with Lentils

- 1 broiler-fryer chicken (about 3½ lbs.), cut up
- 2 tablespoons butter or margarine
- 1 large onion, sliced vertically
- 1 teaspoon turmeric
- About 4½ cups water
- 1 chicken bouillon cube
- ¼ cup catsup
- 3 tablespoons lemon juice
- 2 tablespoons soy sauce
- ¼ teaspoon pepper
- 1 cup lentils
- ½ teaspoon salt

Rinse chicken pieces and pat dry. In a 4 or 5-quart Dutch oven, melt the butter over medium heat. Put in chicken and cook, turning, until browned on both sides; remove from pan and set aside. Drain fat and return 2 tablespoons to pan. Add onion and cook, stirring, until limp. Stir in turmeric, 1 cup of the water, bouillon cube, catsup, lemon juice, soy, and pepper. Return chicken to pan, cover, and simmer until chicken is tender, about 30 to 40 minutes, adding more liquid if needed.

Meanwhile, rinse and sort lentils. In a pan combine lentils with 3 cups water and the salt. Simmer, covered, until lentils are tender, about 25 minutes. Drain and set aside.

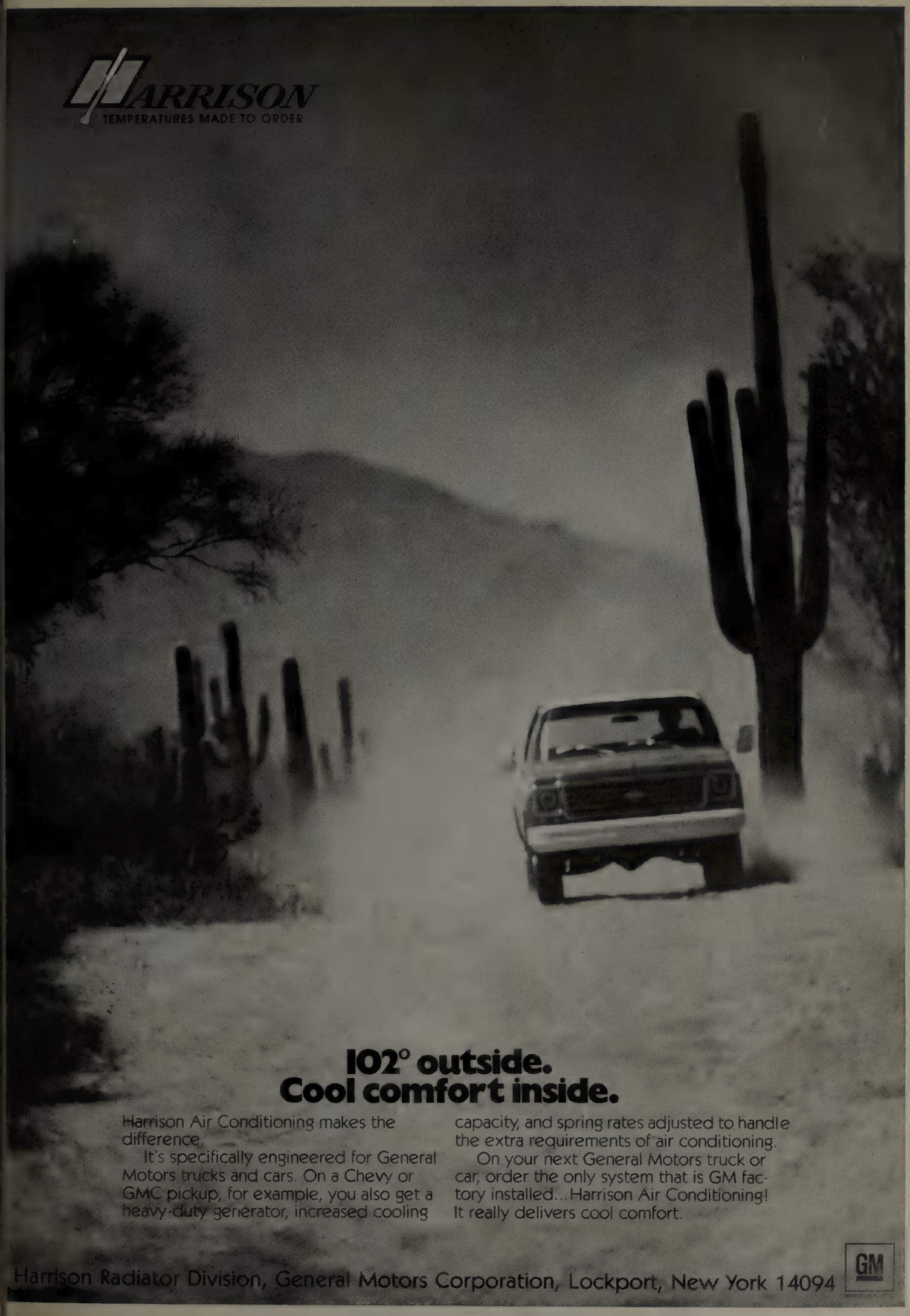
When chicken is tender, add lentils; simmer until heated, about 10 minutes. Serve in a shallow bowl. Serves 4 to 6.

Short Ribs with Prunes and Spinach

- 2 tablespoons salad oil
- About 4 pounds beef short ribs, in 3-inch pieces
- 3 large onions, sliced vertically
- 2 cloves garlic, minced or pressed
- 1 teaspoon curry powder
- About 1 teaspoon salt
- ¼ teaspoon pepper
- ⅓ cup lemon juice
- About ¾ cup water
- 2 beef bouillon cubes
- 1 cup moist-pack pitted prunes, lightly packed
- 2 bunches (about ¾ lb. *each*) spinach
- Fresh lemon wedges (optional)

In a 6 to 8-quart Dutch oven, heat oil over medium-high heat. Put in part of the ribs at a time and cook, turning until well browned all over. Remove ribs as browned and set aside. Drain fat, returning 2 tablespoons to the pan. Add onion and garlic and sauté until limp. Add curry, 1 teaspoon salt, pepper, lemon juice, ½ cup water, and bouillon cubes. Return meat to pan; cover and simmer until meat is tender, about 2 to 2½ hours; turn meat over several times and add water if needed.

When meat is tender, skim fat; add prunes and cook until prunes are tender, about 10 minutes. Meanwhile, wash spinach leaves thoroughly; slice into 1-inch-wide strips. Cook in the water that clings to the leaves just until bright green and wilted. Stir spinach into meat; remove from heat. Serve in a shallow bowl or deep platter. Garnish with lemon, if desired. Serves 6 to 8.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Set up a do-it-yourself *crêpérie*

Put out the makings. Put out a griddle.
Let everybody assemble his own, eat out of hand

he crêpérie, or crêpe stand, is an institution in France. The proprietor takes a rêpe from a stack (made when business vas light), heats it on a griddle, and adds he customer's choice of filling (hearty r sweet). With a few deft folds, the varmed filling is enclosed in the thin pancake. The patron eats his purchase, vrapped in a napkin, out of hand.

Vou can easily duplicate this simple operation to present a crêpe party at home. The crêpes can be made days, even nonths, ahead; the rest of the menu goes ogether in little time as the fillings can ll be purchased ready to use.

Crudités Herb-flavored Cheese
Main-dish Crêpes
Dijon Mustard Dill Pickle Slices
Dessert Crêpes

Vou can adapt this party menu for 12 to 24 guests. Start with a large basket or ray of crudités—raw vegetables: Include whole small carrots, green onions, radshes, mushrooms, and celery stalks. Acompany with an herb-flavored cheese such as boursin or rondelé) to spread on egetables. Allow 3 or 4 vegetables and bout 1 ounce cheese for each person.

Allow at least 6 crêpes per guest. Use the arge-scale recipe at right, or your own avorite recipe and technique. Crêpe naking is time consuming, but you can nake them as time permits, refrigerating he batter (covered), over a period of wo to three days.

For the party you'll need at least two lectric griddles or electric frying pans. Arrange the elements for the main-dish rêpes around one electric pan, and the illings for the dessert crêpes around the ther. The courses can be presented at ne large table or on several smaller ables. Guests serve themselves, filling he crêpes as individual tastes and appeites dictate. Some suggestions on how o proceed follow.

Cleanup is easy; paper napkins instead f dishes hold the foods. Have baskets andy to receive used napkins.

Main-dish Crêpes

Place fillings in individual containers nd group them around an electric frying pan or griddle. Allow about ¼ pound meat or fish for each guest; include your choice—or some of each—of cooked ham or turkey (thinly sliced or shredded), crab, and tiny cooked shrimp. Also, for each serving, have about ½ cup total of shredded or grated cheese (Swiss or Cheddar, and Parmesan), and 2 to 4 tablespoons alfalfa sprouts. Accompany with Dijon mustard and dill pickle slices.

To assemble a main-dish crêpe, place it on an electric pan (set at 350°) and top with cheese, meat, or fish (or a combination) and let heat for 1 or 2 minutes. Add, as desired, alfalfa sprouts, mustard, and pickles. Fold crêpe in half (a wide spatula helps) and eat like a taco; or, if not too plumply filled, fold the crêpe again, forming a triangle, to make a pocket that contains the filling. Hold in a paper napkin to eat.

Dessert Crêpes

Place fillings in individual containers and group them around an electric frying pan or griddle. For each person allow 1 tablespoon *each* melted butter and sugar (or use purchased cinnamon sugar) and 2 to 4 tablespoons total of some or all the following: canned chestnut spread (available in fancy-food sections of supermarkets), applesauce, fruit or berry jam, grated semisweet chocolate, and chopped nuts (filberts, walnuts, or pecans). Also have a small pitcher of an orange-flavored liqueur such as Grand Marnier or Cointreau.

To assemble a dessert crêpe, place it on an electric pan (set at 350°) and drizzle with butter. Sprinkle with sugar or top with any of the fillings; add a splash of liqueur, if you like. After 1 or 2 minutes use a wide spatula to fold the heated crêpe in half, then in quarters. Hold in a paper napkin to eat.

Basic crêpes for a crowd

In the large bowl of an electric mixer, beat 12 eggs with 2⅔ cups regular all-purpose flour (unsifted) until smoothly blended. Gradually mix in 4 cups milk.

Place a 6 to 7-inch crêpe pan or similar flat-bottomed frying pan on medium-low to medium heat. When it's hot, add ¼ teaspoon butter or margarine and swirl to coat surface. At once pour in about 1½ tablespoons batter, tilting pan so it flows quickly over entire flat surface. If heat is correct, crêpe sets at once, forming tiny bubbles (don't worry if there are a few little holes); if pan is too cool, batter makes a smooth layer. Cook crêpe until edge is lightly browned and surface looks dry.

To turn crêpe, run a spatula under edge to loosen. Lay spatula on top of crêpe and invert pan, turning crêpe out onto spatula. Then guide crêpe, uncooked surface down, back into pan; brown lightly. Turn out of pan onto a plate.

Repeat to make each crêpe; stir batter occasionally and stack crêpes one atop another. (If you do not use them within a few hours, package airtight when cool. Refrigerate as long as 4 days or freeze for longer storage. Allow crêpes to come to room temperature before separating.) Makes about 6 dozen crêpes, enough for 12 guests. □

GLENN CHRISTIANSEN

You eat *the hot filled crêpe out of hand, catching any drips in the paper napkin wrapper*

e-ahead crêpes *are heated on ric griddle; guests add their ce of meat, fish, or cheese*

Sauces, soup, cheese . . . with the chewy noodles

Our recipe for homemade whole grain noodles on pages 118 and 119 can be used in any of your favorite pasta dishes. But here are suggestions to start you off. In each, you can use the whole wheat, rye, buckwheat, or spinach noodles.

To cook homemade pasta, bring to boiling 4 to 6 quarts salted water with 1 tablespoon salad oil. Drop in 6 to 12 ounces homemade pasta (do not thaw if frozen) and stir with a fork. Cook, uncovered, for 5 to 7 minutes or until *al dente* (just tender to bite). Drain in a colander, shaking well.

Pasta al Pesto

Thaw 1 carton (8 oz.) frozen pesto or prepare 1 package (½ oz.) freeze-dried pesto mix as package directs (or use ½ cup homemade pesto sauce). Cook 1 recipe (about 12 oz.) homemade noodles as directed. Drain; turn into a rimmed serving plate. Mix in 4 tablespoons butter or margarine and the pesto. Sprinkle with 1 cup grated Parmesan cheese and mix with 2 forks to blend. Makes about 4 servings.

Mushroom-Onion Carbonara

- ½ cup (¼ lb.) butter or margarine
- 2 large onions, thinly sliced
- 1 pound mushrooms, sliced
- 1 clove garlic, minced or pressed
- 4 eggs, well beaten
- ¾ cup chopped parsley
- 2 cups grated Parmesan cheese
- 1 recipe (about 12 oz.) homemade noodles
- Ground pepper

Melt 4 tablespoons of the butter in a frying pan; add onions. Cover and cook over medium heat, stirring often, until very limp. Uncover and cook 10 minutes longer or until golden. Add mushrooms and garlic; cook, stirring, until almost all liquid evaporates; keep warm.

Place eggs, parsley, and cheese in separate containers. Cook noodles as directed. Drain; turn into a rimmed serving dish and mix with remaining 4 tablespoons butter.

At the table, pour half the eggs, parsley, and cheese over noodles. With 2 forks, lift and toss noodles. Add remaining eggs, parsley, and cheese and a generous dash of pepper; continue lifting and mixing. Pour mushroom mixture over noodles. Serve at once, blending noodles and mushrooms as you go. Serves 4 to 6.

DARROW M. WATT

Homemade buckwheat noodles *are cooked al dente—just tender to bite*

Baked Noodles with Cheese

Sauté 1 small onion, chopped, in 3 tablespoons butter or margarine until limp. Add 2 tablespoons flour and cook, stirring, until bubbly. Gradually blend in 2 cups milk; cook, stirring, until sauce boils and thickens. Add 1 teaspoon *each* dry mustard and Worcestershire and ½ teaspoon garlic salt.

Cook ½ recipe (about 6 oz.) homemade noodles as directed; drain. Also shred enough sharp Cheddar or Swiss cheese (about 8 oz.) to make 2 cups. Place half the noodles in a shallow ungreased 2-quart casserole. Top with half the cheese, then remaining noodles and cheese; pour sauce over all. Cover and bake in a 375° oven for 15 minutes; uncover and bake another 15 minutes or until bubbly. Let stand 5 minutes before serving. Makes 4 side-dish servings.

Vegetable Noodle Soup

In a 4 or 5-quart pan, melt 4 tablespoons butter or margarine. Add 1 small onion, chopped; 2 carrots, thinly sliced; and 2 stalks celery, sliced. Sauté until onion is limp. Add 6 cups water; 6 vegetable, chicken, or beef bouillon cubes; and ¾ teaspoon *each* dry basil and oregano leaves. Bring to simmering, then drop in ½ recipe (about 6 oz.) homemade noodles (uncooked). Simmer, uncovered, for about 4 minutes.

Add 2 small zucchini, sliced; cook 3 minutes longer or until noodles are tender. Season with salt and pepper. Serves 4. □

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1 cantaloupe, cut into thin wedges
3 medium DOLE bananas, cut in chunks
1½ cups strawberry halves
1½ cups green grapes
¼ cup slivered almonds, toasted

Arrange cantaloupe on platter. Combine bananas, strawberries, grapes and almonds; toss lightly. Spoon onto cantaloupe wedges. Serve with Honey Dressing.

HONEY DRESSING

1 cup MIRACLE WHIP Salad Dressing
2 tablespoons honey
1 tablespoon lemon juice

Combine salad dressing, honey and lemon juice; mix well. Chill. Serve over fruit. Makes one cup.

Variation: 2 tablespoons orange juice may be substituted for lemon juice.

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Thin fresh noodles *turn golden brown in oven or frying pan. In 20 to 30 minutes you have a crisp noodle pancake*

Cut pancake *into generous wedges (above), then top with a stir-fried mixture such as beef and tomato or pork and vegetable (right)*

DARROW M. WAT

Golden crusty noodle pancake ...gingery tomato-beef on top

The Chinese like noodles in all forms and flavors. One favorite is a variation of chow mein called *jinn mein*: crisp fried noodles topped with sauce.

You can pan-fry the noodles or bake them in the oven (that way there's no need to turn them or watch them closely). Either way, they form a thick pancake that's golden and crusty on the outside and soft in the center. Cut it in wedges and serve with our gingery tomato-beef topping or with the spicy pork and vegetable sauce.

Look for fresh Chinese-style thin noodles in Chinese markets or the refrigerator section of some supermarkets (or use fresh tagliarini). Boil the noodles first, then fry or bake them. While the noodles brown, prepare ingredients for the topping. Just before the noodles are done cook the meat and vegetables.

To make the noodle pancake, cook 1 to 1¼ pounds fresh Chinese-style thin noodles or tagliarini in boiling water according to package directions. Drain and rinse thoroughly with cold water; drain again. Toss noodles with 2 tablespoons sesame or salad oil and 1 teaspoon salt, then pan-fry or bake them.

To pan-fry noodles, pour 2 tablespoons salad oil in a heavy 10-inch frying pan and place over medium-low heat. Tilt pan so oil completely coats bottom and lower sides. When oil is hot, add half the cooked noodles, patting them with a wide spatula to form an even layer. Cook, pressing noodles occasionally with spatula, until bottom is golden and firm, about 10 minutes.

With a wide spatula carefully turn noodles over in one piece. Cook until bottom is golden, about 10 minutes more. Serve; or keep warm, uncovered, in a 200° oven. Cook remaining noodles the same way. Cut in wedges to serve.

To oven-fry noodles, place a 14-inch pizza pan or 10 by 15-inch rimmed baking pan in the oven while it preheats to 500°. When pan is very hot, pour in 2 tablespoons salad oil; tilt pan to coat bottom and sides. Spread cooked noodles in an even layer and bake on the bottom rack, uncovered, until golden on top and bottom, 25 to 30 minutes. Cut in wedges or squares.

Gingery Tomato-Beef Jinn Mein

Prepare the noodle pancake as directed.

For the sauce, thinly slice 1 pound boneless beef steak (such as sirloin or top round) into strips about ½ by 3 inches. Mix meat with 2 tablespoons soy sauce; 1 tablespoon sugar; 2 tablespoons minced fresh ginger; 1 clove garlic, pressed or minced; 1 tablespoon *each* dry Sherry and salad oil; and 2 teaspoons cornstarch.

Thinly slice 1 medium-sized onion. Cut 1 small green pepper into thin slivers about 2 inches long. Cut 2 cups cherry tomatoes in half or cut 2 medium-sized tomatoes into 1-inch cubes.

Mix 5 teaspoons cornstarch; 1 tablespoon *each* sugar, soy sauce, and vinegar; 2 tablespoons dry Sherry; ½ teaspoon salt; and 1 cup regular-strength beef broth.

Pour 2 tablespoons salad oil in a wok or 12-inch frying pan and place over high heat. When oil is hot, add onion and pepper; cook, stirring constantly, for 2 minutes, then turn out of pan. Add another 2 tablespoons salad oil and meat mixture to pan; cook, stirring constantly, until lightly browned, about 3 minutes. Return vegetables to pan, add broth mixture and tomatoes; cook, stirring, until sauce thickens and boils. Pass to spoon over noodles. Makes 4 servings.

Pork and Vegetable Jinn Mein

Prepare the noodle pancake as directed.

For the sauce, thinly slice 1 pound boneless pork steak or pork chop into thin slices. Mix meat with 2 tablespoons soy sauce; 2 cloves garlic, pressed or minced; 1 tablespoon dry Sherry; 1 teaspoon *each* sugar and minced fresh ginger; and ¼ teaspoon pepper.

Thinly slice 2 medium-sized carrots and 2 stalks celery. Cut 8 green onions into 2-inch lengths. Drain 1 can (about 8 oz.) sliced bamboo shoots. Rinse and drain ¼ pound bean sprouts.

Stir together 1½ tablespoons cornstarch, 1 tablespoon soy sauce, 2 tablespoons dry Sherry, 1 teaspoon *each* vinegar and sugar, ½ teaspoon salt, ¼ teaspoon crushed red pepper, and 1½ cups regular-strength chicken broth.

Pour 2 tablespoons salad oil in a wok or 12-inch frying pan and place over high heat. When oil is hot, add pork; cook, stirring, until lightly browned, about 3 minutes. Add another tablespoon oil, the carrots, and celery; cook, stirring, for 2 minutes. Add green onion, bamboo shoots, bean sprouts, and broth mixture; cook, stirring, until sauce thickens. Pass to spoon over noodles. Serves 4.

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DARROW M. WATT

o breads of Colombia, *one filled with guava, the er mildly spiced and raisin flecked, are ready break apart and have with coffee*

Scatter *diced guava paste over dough; it melts in the oven, as filling for ring-shaped bread*

Form *rolled dough into rings; slash top to show filling*

Two bread ideas we brought back from Colombia

le breads line the shelves of neighhood bakeries in Bogotá, Colombia. he early morning, the warm, fragrant ads are taken home in baskets to acnpany a steaming pot of coffee.

o of the most popular are a ringped, guava-filled sweet bread and a nd, dark-crusted bran bread. You ght like to try our versions of them to e at breakfast or with coffee or tea time.

guava-filled bread is made from a te, slightly sweet dough from which ets its name, *mojicon* (mo-he-cone), a oquial term for white or pale. The or of guava paste, the nationally ular sweet, permeates the bread as it es. Look for the paste, called *pasta guayaba* or strawberry guava paste, markets carrying Latin American foods. Or make your own fruit paste from guava or strawberry jam; directions follow the first bread recipe.

The Colombian bran bread, *mogolla* (mo-gol-ya), takes its name from the regional word for bran, *mogollo*. It's made of unbleached flour and bran, spiced with mace, and slightly sweetened with raisins.

Each of the recipes makes four small loaves; one is just right for 3 or 4 people. You might serve one right from the oven and wrap the others individually in foil for freezing.

To reheat, place the frozen foil-wrapped loaf or loaves in a 350° oven until heated through (about 20 minutes for the guava-filled bread, 45 for the bran bread). Or thaw and slice the bran bread, then toast.

Colombian Guava-filled Bread

- 1 package active dry yeast
- ¼ cup warm water (about 110°)
- 1 cup milk
- ¼ cup (⅛ lb.) butter or margarine
- ¼ cup sugar
- 1 egg
- 1 teaspoon salt
- About 4 cups regular all-purpose flour
- 6 ounces guava paste (or fruit jam paste made as directed)
- 1 egg white beaten with 1 teaspoon water
- About 2 tablespoons sugar

In a large electric mixer bowl, soften yeast in the warm water for 5 minutes. Scald milk in a small saucepan; cut butter into small pieces, add, and stir to melt. Remove from heat and cool to about 110°. Add to mixer bowl with the ¼ cup sugar, egg, salt, and 2½ cups of the flour. Beat on medium speed for 5 minutes. Gradually stir in remaining flour until a soft, elastic dough forms.

Turn out onto a lightly floured board and knead until a smooth, nonsticky dough forms, about 5 minutes. Place dough in a greased bowl and turn over to grease top. Cover; let rise in a warm place until double, about 1½ hours.

Punch down dough and divide into four equal pieces. Finely dice guava paste or fruit jam paste. Roll each piece of dough on a lightly floured board into a 5 by 15-inch rectangle and scatter ¼ of the paste evenly over dough to within ¼ inch of edges. Starting from a long side,

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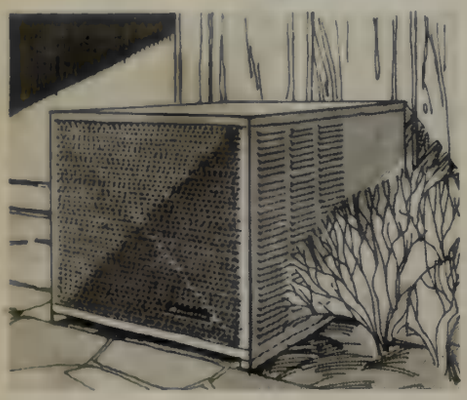

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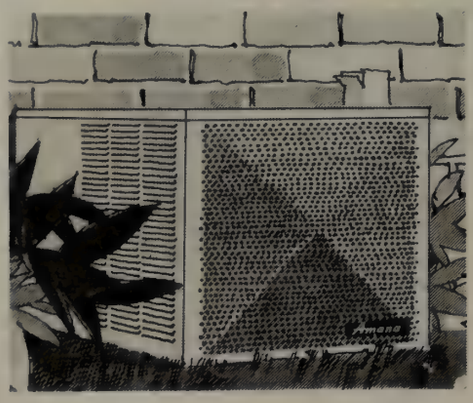

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roll up, jelly-roll fashion, to form a long rope. Gently pick up each rope, placing two on each of two greased baking sheets; form each into a ring and pinch ends to seal. Make slashes, each ¾ inch deep, around top of each ring, as pictured on page 195.

Cover lightly with a towel and let breads rise in a warm place until almost double in size, about 40 minutes. Brush each bread with egg white mixture; evenly sprinkle with the 2 tablespoons sugar. Bake in a 350° oven for 30 minutes or until nicely browned and the breads sound hollow when tapped. Serve warm or reheated. Makes 4 small breads.

Fruit jam paste. Spoon 14 ounces (1¼ cups) guava or strawberry jam into a 1½-quart saucepan. Cook over medium heat, stirring constantly, until it cooks down to ¾ cup. Pour into a buttered rimmed plate; chill until firm. Remove from plate and cut into ¼-inch dice. (Lightly coat paste and knife with cornstarch to make dicing easier.)

Colombian Bran Breads

In a large electric mixer bowl, soften 2 packages active dry yeast in ¼ cup warm water (about 110°) for 5 minutes; set aside. Meanwhile, in a small saucepan scald 2 cups milk; add ¼ cup (⅛ lb.) butter or margarine, cut into pieces, and stir to melt. Let mixture cool to about 110°.

To the softened yeast, add the milk and butter mixture, ⅔ cup brown sugar (firmly packed), 1 egg, 2 teaspoons *each* salt and ground cinnamon, and 1 teaspoon ground mace or allspice; beat to blend. Add 1 cup *each* bran and whole wheat flour, and 2 cups unbleached or regular all-purpose flour (unsifted); beat at medium speed for 5 minutes. Mix in 1 to 1½ cups seedless raisins. With a heavy-duty mixer or a wooden spoon, gradually beat in enough additional unsifted all-purpose flour (about 3 cups) to form a soft, elastic dough.

Turn out onto a lightly floured board and knead, adding flour as needed, until a smooth nonsticky dough forms, about 5 minutes. Place dough in a well-greased bowl; turn over to grease top. Cover; let rise in a warm place until double, about 1½ hours.

Punch down dough and quarter it. Gently kneading, shape each quarter into a small round loaf. Place each loaf in a greased 8 or 9-inch pie pan, or place 2 on each of 2 greased cooky sheets. Cover and let rise in a warm place until double, about 30 minutes.

Brush loaves with 1 egg yolk beaten with 1 tablespoon water. Bake in a 350° oven for about 30 minutes or until the loaves look richly browned and sound hollow when tapped. Serve warm in chunks, or sliced and toasted. Makes small loaves.

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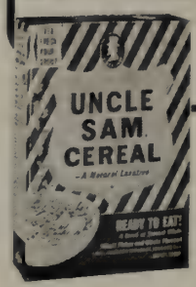

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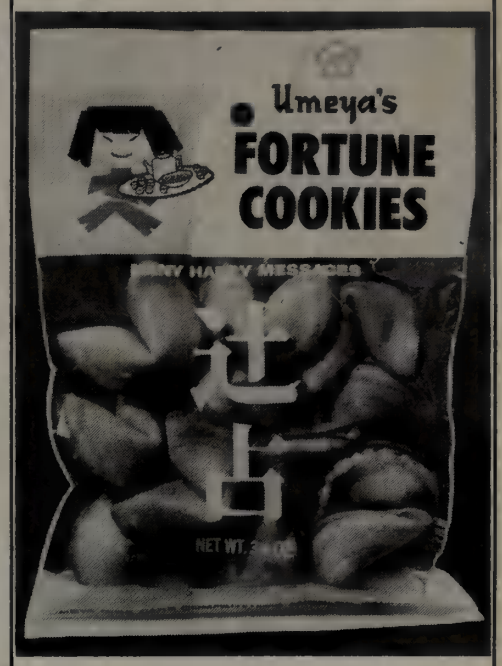

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DARROW M. WATT

Waffle iron *with thermometers is made for use over direct heat on gas or electric range. It bakes thick, crisp Belgian waffles*

Belgian waffles . . . deep and crisp

These thick Belgian waffles with characteristic deep holes are as wonderfully crisp as those sold at world fairs in Spokane, Seattle, New York, and Brussels.

You bake the waffles on top of the range in a special iron—a classic imported Belgian waffle iron, or one of the newly available, domestically produced wafflers shown above with a thermometer on each side. Look for them in cookware and department stores at $15 to $20.

If your new iron does not have a nonstick finish, season it this way: Place over medium heat until hot, brush grids with salad oil, and heat just until oil smokes. Remove from heat; let cool in opened position. Wipe grids clean. Or use an electric waffle iron to make equally crisp but much thinner waffles. Even if your iron doesn't usually need greasing, we suggest brushing it with melted butter for the first waffle; then again only if waffles stick.

Crisp Belgian Waffles

Beat together 1¼ cups unsifted regular all-purpose flour and 1 cup water until smooth. Stir in 2 tablespoons sugar, 1¾ teaspoons baking powder, 1½ teaspoons vanilla, and ½ teaspoon *each* ground cinnamon and lemon extract. Beat 1 cup whipping cream until stiff; fold into batter and let stand 15 minutes.

Place a seasoned Belgian waffle iron or one with a nonstick finish over medium-low heat, turning it over often until water dripped inside sizzles, or both thermometers register in the middle of "bake." Open and brush grids lightly with melted butter. Spoon ¾ to 1¼ cups batter onto iron; close and bake about 45 seconds. Then turn iron over about every 30 seconds or until waffle is crisp and brown; about 7 minutes total. Open carefully to check doneness; transfer waffle to a rack. Serve warm topped with powdered sugar or whipped cream and sliced berries or fruit. Makes 3 waffles, each 8 inches square.

To bake in electric irons, preheat as manufacturer directs. Brush grids with melted butter and spoon in recommended amount of batter. Bake according to manufacturer's directions. □

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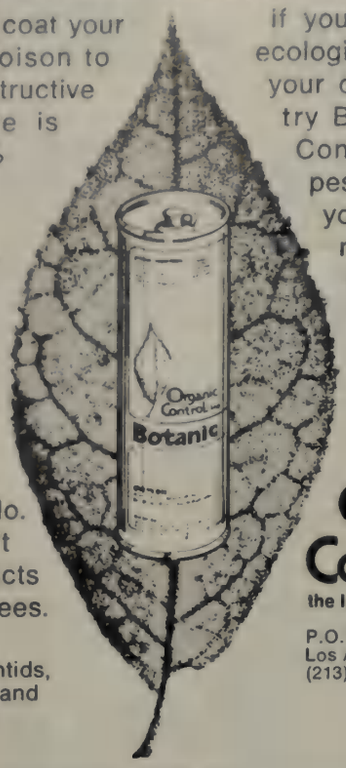

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PETER O. WHITELEY

Tender leaves *of bok choy will appear in a salad at dinnertime*

Use thinnings for a thinning salad

A thinning salad is just that—you pluck tender leaves and tiny roots from the vegetable garden to give plants room to mature, then toss the greens with an oil-free dressing.

Such a salad has an ever-changing personality as you thin different vegetables. Lettuce and spinach are obvious candidates, but other greens have distinctive flavors worth exploring: beet tops; Swiss chard; broccoli, turnip, and cauliflower leaves; bok choy; and mustard greens. Combine 3 or 4 of the greens and, if available, add miniature radishes, carrots, turnips, or beets to give color and crunch to the salad.

When you bring the greens into the kitchen, discard stems from leaves; also remove tough center vein from large leaves. Rinse leaves well, pat dry, and store in plastic bags in the refrigerator.

Thinning Salad

For the dressing, combine ¼ cup *each* sugar and red wine vinegar, 1 tablespoon catsup, ¼ teaspoon *each* garlic salt and Worcestershire, and ⅛ teaspoon pepper; stir until sugar is dissolved.

In a salad bowl combine 2 quarts garden thinnings, torn in bite-sized pieces (suggestions above); ¼ cup *each* thinly sliced green onion and chopped parsley; and 4 slices bacon, crisply fried and crumbled. Pour over dressing and mix well. Garnish with 2 hard-cooked eggs, sliced. Makes 6 servings.

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This is a totally dry wine with full Pinot Noir flavor. Recommended to accompany quiche Lorraine, curry dishes, rack of lamb, or serve it chilled to your guests before an elegant meal.

Enjoy it now or put it down in your own cellar, it promises to be an interesting white wine to bottle age.

August Sebastiani

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How to make Chinese chicken and egg buns *(guy bow)*

DARROW M. WAT

Eat chicken bun *out of hand for quick lunch; serve with soup if you like*

In San Francisco's Chinatown, people often buy chicken-and-egg-filled buns known as *guy bow* for a lunch or snack. They're big and hearty; one or two are ample for lunch. For our simplified version, we use frozen bread dough to enclose the gingery chicken filling, then bake the buns instead of steaming them as they are traditionally cooked. They can be made ahead and reheated.

Chinese Chicken and Egg Buns
(Guy Bow)

Remove 2 loaves (1 lb. *each*) frozen bread dough from package and thaw as package directs, rubbing surface with salad oil and covering it with plastic film.

Top *hard-cooked egg quarters with filling of chicken and bamboo shoots . . .*

. . . then gather dough up around filling, pleat in excess, pinch to seal

Thaw just until pliable, about 1 to hours at room temperature.

Rinse and soak 6 small dried Orient mushrooms (about ½ oz.) in hot wat until soft and pliable, about 20 minute Cut off and discard tough stems; cut r maining mushrooms into thin strips. Ski and bone 2 chicken breasts (about 1 l *each*); cut meat in ½-inch-thick strip each about 2 inches long. Combi chicken with 2 tablespoons soy sauce, cloves garlic (pressed or minced), and teaspoons minced fresh ginger. Thin slice 2 stalks celery; cut 3 green onio (including tops) in 2-inch lengths. Dra 1 can (8½ oz.) sliced bamboo shoo Stir together 1 tablespoon cornstarch, teaspoon sugar, ¼ teaspoon salt, 2 tabl spoons *each* soy sauce and dry Sherr and ⅓ cup water.

Pour 2 tablespoons salad oil in a 12-in frying pan or wok and place over hi heat. When oil is hot, add chicken; coo stirring constantly, for 3 minutes. A celery; cook, stirring, for 1 minute. S in mushrooms, green onions, bamb shoots, and cornstarch mixture; coo stirring, until sauce thickens. Let co Meanwhile hard-cook 4 eggs; cool, she and cut in quarters.

With a lightly floured knife, cut ea thawed loaf into 4 equal pieces. R each piece into a ball. On a light floured board, roll each ball into a rou about 7 inches in diameter. Place 2 e quarters in the center of each round; t with ½ cup of the meat filling. Gath edges of dough up around filling, bei careful not to stretch dough; pleat in t edges and tightly pinch together to se Place buns, pinched side down, about inches apart on a lightly greased baki sheet. Lightly cover and let rise in warm place until puffy, about 30 to minutes. Brush with melted butter a bake in a 350° oven for 30 to 35 minut or until browned. Serve warm.

If made ahead, cool thoroughly on rack then cover and refrigerate or freeze. reheat, bake, uncovered, in a 350° ov until hot, about 20 minutes if chilled, minutes if frozen. Makes 8.

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10:30a SF RS	3:28p NS TriStar
3:15p SF RS	8:13p NS TriStar
7:50p O	1:42a OS Thru
11:50p SJ NC	5:47a OS Thru
12:45a SF NC	5:45a NS
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7:15a SF	2:17p OS Thru
7:17a O	2:36p Thru
8:05a SJ	2:36p OS Thru
10:30a SF RS	5:22p OS Thru TriStar
3:15p SF RS	10:16p
7:50p O	3:41a Thru
9:20p SF NC	4:17a OS Thru*
11:50p SJ NC	8:07a
12:45a SF NC	8:07a
12:50a O NC	8:07a

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7:40a SF	5:02p OS Thru
8:05a SF (Ex. Tues., Wed., Thurs.)	3:24p NS TriStar
8:05a SJ	5:02p
11:55a SF RS	7:14p NS TriStar
3:15p SF RS	11:49p OS Thru TriStar
10:00p SF NC	5:14a NS TriStar
11:50p SJ NC	9:22a
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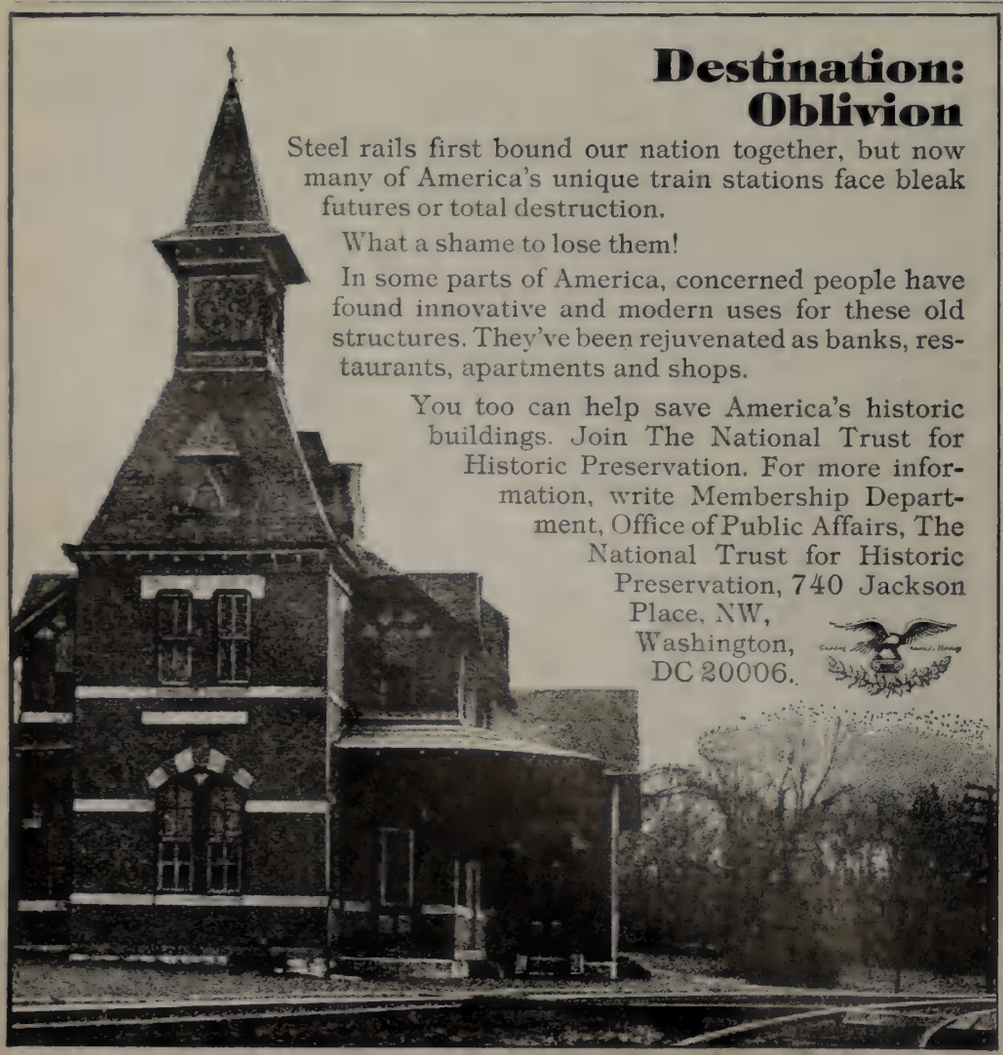

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Steel rails first bound our nation together, but now many of America's unique train stations face bleak futures or total destruction.

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Cookies quick and wholesome

Nutritious and quick-to-make, these cookies are loaded with such ingredients as whole wheat flour, rolled oats, and wheat germ. You'll want to keep them on hand as a wholesome dessert or snack.

Whole Wheat - Oatmeal Crisps

Beat together until creamy 1¾ cups shortening, butter, or margarine and 2 cups firmly packed brown sugar; beat in 3 eggs. Stir together 2½ cups whole wheat flour (unsifted), 3 cups regular or quick-cooking rolled oats, ½ cup toasted wheat germ, 1 teaspoon *each* salt, soda and ground cinnamon; blend into shortening mixture. Stir in 1 cup chopped nuts. On waxed paper form dough into 1½-inch-thick rolls. Wrap separately, freeze until firm or ready to bake.

To bake, cut rolls into 3/16-inch-thick slices. Arrange slices about 1 inch apart on greased cooky sheets. Bake in a 350° oven until lightly browned, about 10 minutes; cool on wire racks. Makes about 13 dozen.— *S. P., Santa Barbara.*

Whole Wheat - Nutmeg Drops

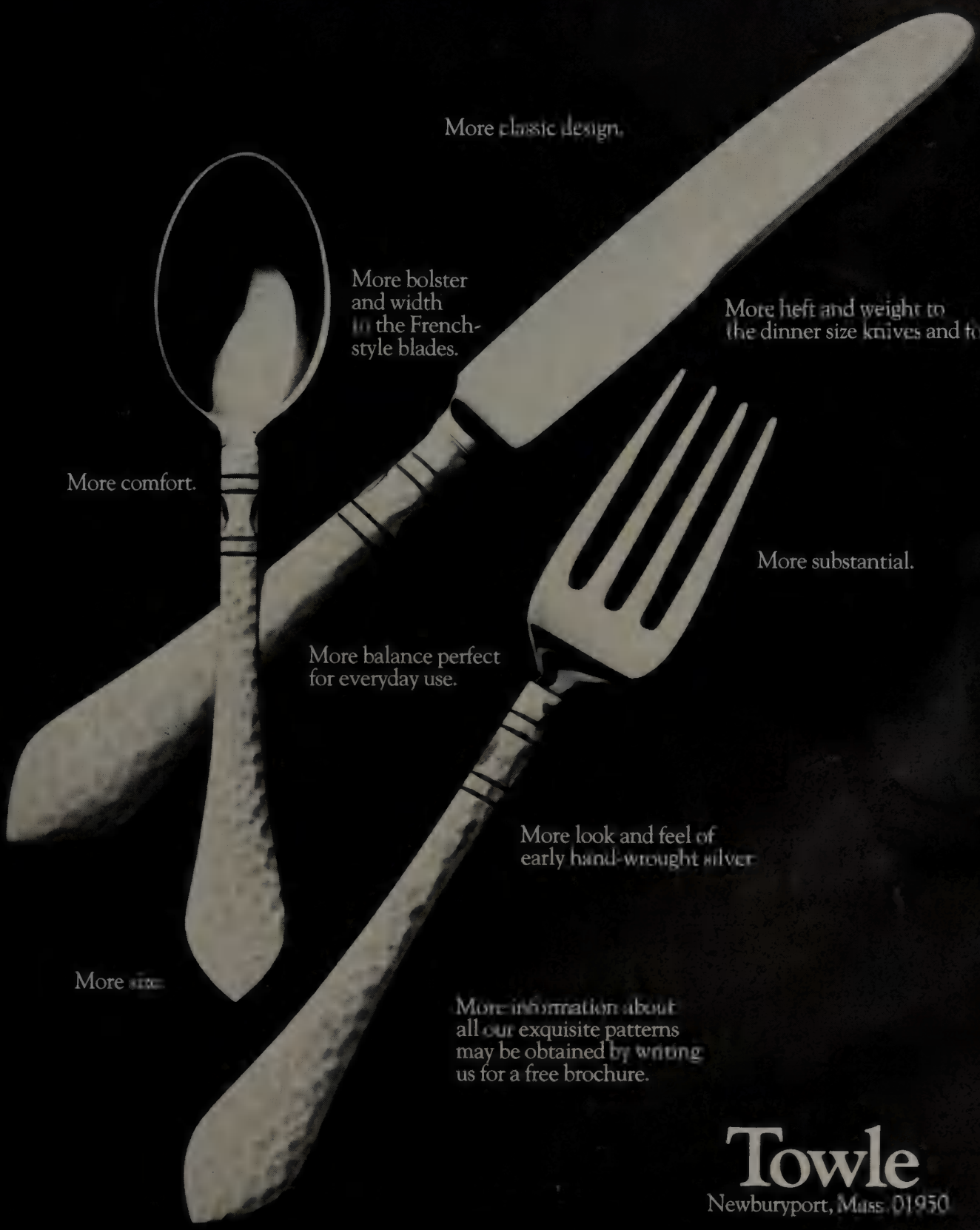
Beat together until creamy ½ cup butter or margarine and 1 cup firmly packed brown sugar. Mix in 1 egg, 1 tablespoon milk, and 1 teaspoon vanilla. Combine 1½ cups whole wheat flour, ½ cup regular or quick-cooking rolled oats (optional), 1 teaspoon *each* ground nutmeg and baking powder, and ½ teaspoon salt; blend into butter mixture. Place rounded teaspoonfuls of dough 2 inches apart on lightly greased cooky sheets. Bake in a 350° oven until browned, 10 to 12 minutes; cool on racks. Makes 4 dozen.—*S. H., Chico, Calif.*

Spiced Oatmeal Drops

Beat together until creamy ¾ cup shortening, butter, or margarine and 1 cup firmly packed brown sugar. Blend in 2 eggs and ⅓ cup water. Combine 1 cup whole wheat flour, ⅓ cup instant nonfat dry milk, ¼ cup toasted wheat germ, 1½ teaspoons ground cinnamon, 1 teaspoon baking powder, ½ teaspoon salt, ¼ teaspoon ground nutmeg, and ⅛ teaspoon ground cloves.

Blend flour into shortening mixture. Stir in 2¾ cups regular or quick-cooking rolled oats and 1 cup raisins. Drop rounded teaspoonfuls of dough about [illegible] inches apart on greased cooky sheets. Bake in a 350° oven until lightly browned, about 10 minutes; cool on racks. Makes 7 dozen.—*J. B., Cortez, Madera, Calif.*

What makes Towle's new Hammered Antique the more beautiful stainless?



Towle
Newburyport, Mass. 01950

Two delicious fila pastries . . . apple insides

The luscious multilayered pastries of the Middle East start with thin sheets of ready-to-use dough called fila. So do the flaky apple pastries shown here. Both are best and most crisp when served the same day they are made.

You'll find fila (also called strudel leaves), usually in 1-pound packages and refrigerated, in specialty food stores. Fresh fila is easier to use; it may come frozen—thaw it to room temperature before using. For leftover fresh fila, wrap air-tight and freeze. Always keep fila well covered—it dries easily and becomes brittle.

Flaky apple triangles *start with double fila strip. Filling goes on corner; fold toward right, then left down to end, continuing until completed. After baking dip in syrup*

Apple-filled Fila Pastry

- [illegible] to 4 tart apples
- ⅓ cup sugar
- 1½ teaspoons ground cinnamon
- 2 tablespoons lemon juice
- 1 cup chopped walnuts
- [illegible] teaspoon salt
- 15 sheets (about 12 by 17 inches) fila dough
- About ⅔ cup melted butter or margarine
- Honey syrup (directions follow)

Peel and core apples; cut in thin slices to make 4 cups. In a bowl combine apples, sugar, cinnamon, lemon juice, walnuts, and salt. Cut fila sheets in half, making 8½ by 12-inch pieces; stack and cover with clear plastic film, then with a damp cloth.

In a buttered 9-inch square baking pan, place a sheet of fila, brush lightly with butter, and fold overlapping ends into pan. Place second sheet in pan with long sides overlapping opposite sides of pan; brush and fold same as first sheet. Continue this way until half the fila is in pan. Spread apple filling over pastry. Repeat layering fila as before until the last sheet; fold its overlapping sides underneath. Brush top with butter.

With a sharp knife, cut through just the top layers of pastry in strips about 2¼ inches apart, making diamonds or squares. Bake on the lower shelf of a 350° oven until golden brown, about 1 hour. Cool on a rack for 10 minutes, then slowly spoon over warm syrup. Cool to room temperature. To serve, cu through slashes to bottom crust and lif out pieces. Makes about 16.

Honey syrup. In a pan combine ½ cu sugar, ⅓ cup water, 1 tablespoon lemo juice, and a 2-inch stick of cinnamon Bring to boiling over medium heat, stir ring, until sugar dissolves. Add 2 table spoons honey. Use warm or reheated.

Apple-filled Fila Triangles

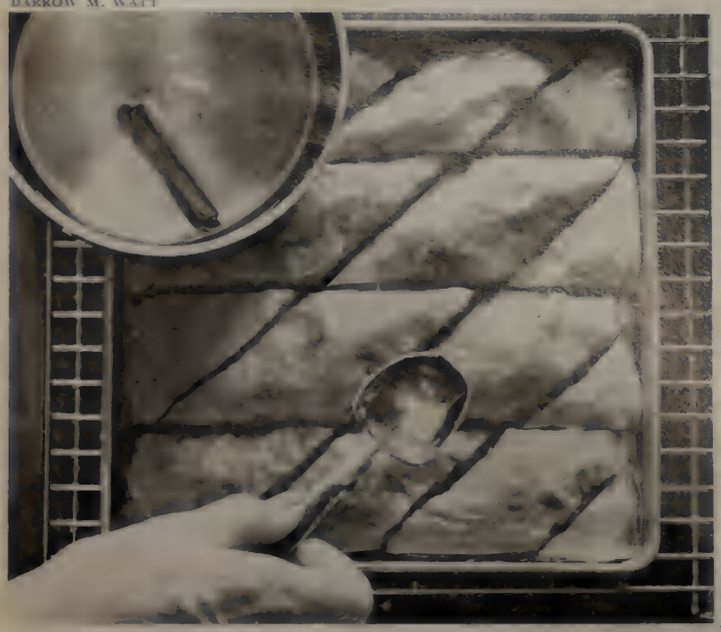
Peel and core 2 to 3 apples and finel chop to make 2 cups. In a bowl, com bine apples with ½ cup chopped wal nuts, ¼ cup sugar, 1 teaspoon groun cinnamon, and 1 tablespoon lemon juice.

Have ready 18 sheets (about 12 by 1 inches) fila. Cut sheets lengthwise int quarters, making 72 strips. Stack strips cover with clear plastic film, then damp cloth. Melt about ¾ cup butter.

For each pastry, lightly brush butte over 2 strips fila and stack with buttere sides up. Place about 1 tablespoon fillin on lower left corner and fold as in photo graph above. Place, seam side down, o ungreased baking sheet. Butter, fil, an fold each 2 strips until all are shape Brush pastry tops with butter. Bake in 350° oven until golden brown, about 1 to 20 minutes.

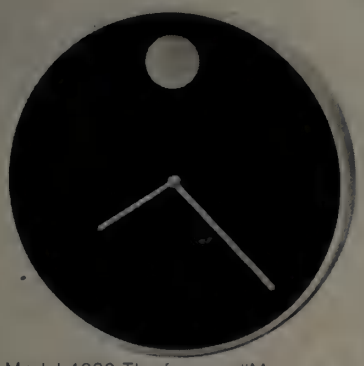
Prepare a double recipe of the hone syrup used for Apple-filled Fila Pastry Dip one baked pastry at a time int warm syrup, then place on a rack over shallow pan to drain. Serve warm or a room temperature. Makes 36.

DARROW M. WATT

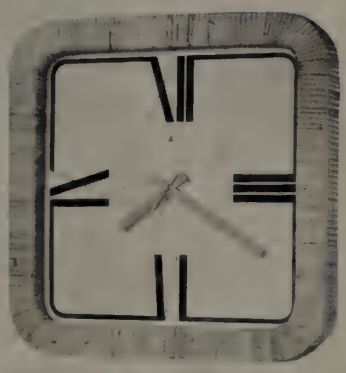


Warm topping *of honey syrup goes on apple-filled pastry. Slice through top layers of fila before baking; cut lengthwise, then diagonally for diamonds*

In the great untradition of Howard Miller.

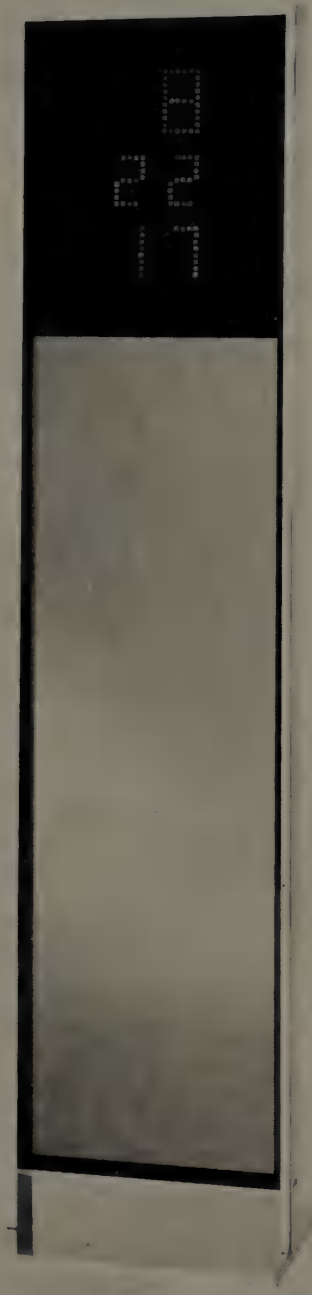


Model 4628 The famous "Museum Clock". Dramatic in its simplicity. 12¾" diameter.



Model 518 is a battery wall clock from our Trade Winds Collection. Its wood frame is wrapped in natural rattan. 14⅛" by 14⅛"

Model 612 The Rectangle. The background is carefully matched and quartered oak veneer. The solid oak case contains an 8-day movement. 34¾" by 10½".



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Elton L. McCawley revives an honored dish from our corny past

The truly American grain is corn, and until very recent times that fact was obvious. Every household frequently saw a cornmeal concoction on the table, from breads and pones to hasty pudding, hominy, or scrapple.

Nowadays, the great fields of corn still cover the central states, but much of it goes into feed for cattle and hogs, or appears in hidden ways upon the family table—as cornstarch in a pudding, as syrup in candy, or as oil for the salad. Wheat flour is definitely king of the pantry.

Elton L. McCawley revives an honored dish from our corny past, one that appeared on breakfast platters everywhere, often under the homely designation of fried mush. The classic treatment is to cook cornmeal and water to a definite thickness, pack it into a loaf pan, cool and slice it, and fry it crisp. The result is eaten with syrup. Here you will see Mr. McCrawley's improvements.

Orange-Ginger Mush

- 1 cup yellow cornmeal
- 3 cups cold water
- ½ teaspoon salt
- 4 ounces shredded Cheddar cheese
- All-purpose flour
- 3 to 4 tablespoons butter, margarine, or bacon drippings
- Ginger-orange syrup (recipe follows)

Stir cornmeal and 1 cup of the water together in a small saucepan; add remaining 2 cups water and salt. Bring to a boil and cook over medium heat, stirring constantly until very thick, 3 to 4 minutes. Reduce heat to low, cover, and cook 10 minutes, stirring often. Stir in cheese. Evenly spread mush in a greased 9-inch square baking pan. Cover and chill at least 2 hours.

To serve, cut mush into 3-inch squares and dredge each in flour. In a frying pan, heat about 2 tablespoons of the butter over medium heat; add mush squares a few at a time and fry until golden on both sides. Add more butter as needed. Serve with ginger-orange syrup. Makes 4 to 6 servings.

Ginger-orange syrup. Peel and shred enough fresh ginger to make about ¼ cup loosely packed ginger. In a saucepan, mix the ginger with ½ teaspoon grated orange peel, ½ cup orange juice, ½ cup water, and 1 cup sugar. Boil i

Chefs of the West

The Art of Cooking...by men...for men

Souped up potatoes.

Lipton shows you how to put pizazz in your potatoes.

The trouble with the ordinary potato is that it's, well, ordinary. No more! Add a Lipton® Recipe & Soup Mix and you've added excitement. It's easy. Just follow the recipes below. So pick up some Lipton Onion and Onion-Mushroom mixes—the beginning of the end of the boring potato.

Specially Stuffed Spuds
(Pictured Above)
6 large baking potatoes
1 envelope Lipton Onion or Onion-Mushroom mix
½ cup butter or margarine
Milk

Bake potatoes until done. Split lengthwise, scoop potatoes from shells. (Save shells.) Add soup mix, butter, and at least ¾ cup milk to the potatoes, then mash. Refill shells and top with one of the suggested garnishes (see below). Bake until heated through. Makes 12 stuffed potatoes.

Suggested garnishes: shredded cheddar or American cheese; crumbled, cooked bacon; chives; or buttered bread crumbs.

For **Sour Cream Spuds,** use 1 cup sour cream instead of butter, and reduce milk to ½ cup.

Fabulous Onion Fries
1 envelope Lipton® Onion or Onion-Mushroom mix
1 package (16 or 20 oz.) frozen French fried potatoes or potato rounds
1 to 2 tablespoons oil

In large plastic bag, combine soup mix and potatoes. Drizzle with oil. Shake vigorously until potatoes are well coated. Bake according to potato package directions. Makes 4-6 servings.

Easy Scalloped Potatoes
1 envelope Lipton Onion or Onion-Mushroom mix
1 tablespoon flour
1 cup hot milk
4 cups thinly sliced potatoes

Preheat oven to 350°.

In large bowl, combine soup mix and flour; stir in milk. Add potatoes and mix well. Pour contents into greased, 1½ quart baking dish. Bake 1 hour or until potatoes are tender. Makes 4-6 servings.

Lipton Onion, Onion-Mushroom and Beef Flavor Mushroom. In the boxes with the blue band.

The soups you cook with. From Lipton.

uncovered over medium-high heat until mixture reaches syrup stage (218° on a candy thermometer), about 5 minutes. Serve warm. Makes about 1½ cups.

Elton L. McCarthy

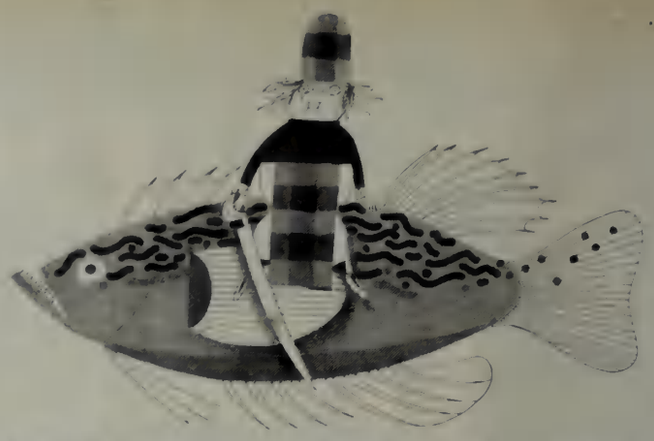
Portland

Fish is nice in a fairly plain sauce, provided you don't cook it too long. There is some period in the oven life of a fish when it ceases to be gelatinous and becomes firm. This is immediately before the moment when it goes hard and dry, falling into well-marked flakes.

Richard Baron of Los Altos, California, suggests you use red snapper for his dish, which he flavors with Sherry and fermented black beans. Look for the beans in Oriental markets; stored in the refrigerator they keep indefinitely.

Huachinango Chino

- 2 pounds rockfish fillets
- 1 can (10¾ oz.) condensed cream of mushroom soup
- 2 tablespoons fermented black beans, rinsed and drained
- 1 tablespoon soy sauce
- ¼ cup dry Sherry
- 1 clove garlic, minced or pressed
- 2 teaspoons minced fresh ginger
- 4 tablespoons chopped chives or green onions (including green tops)



"Fish is nice in a fairly plain sauce, but better in Huachinango Chino"

Rinse fish and pat dry. Place the fish in a greased 9 by 13-inch baking dish. Mix the soup, black beans, soy, Sherry, garlic, and ginger and pour over the fish; sprinkle with 2 tablespoons of the chives. Bake uncovered in a 400° oven for about 20 minutes, or until fish is just firm throughout. Sprinkle with remaining 2 tablespoons chives. Serves 6.

Richard L. Baron

Los Altos, Calif.

One of the oldest dishes in the world consists of seeds or grains boiled to a consistency thicker than soup but something short of mashed potato. You may recall these examples: the infamous me of pottage that Jacob exchanged for h brother Esau's entire heritage, or th pease porridge that lay in the nurser rhyme pot for nine days. *Chef* Herbe Landesman gives you his version.

Spiced Pea and Bean Soup

- 1 cup split peas
- 1 cup navy beans
- 2½ quarts water
- 1 ham hock, about ¾ pound
- 1 large onion, sliced
- 1 can (7 oz.) green chile salsa
- 1 teaspoon dry mustard
- ⅛ teaspoon ground cloves
- ½ teaspoon ground ginger
- Salt and pepper

Rinse peas and beans; place in a 5-qua kettle and add the water, ham, onio

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"Norma, the asparagus was the hit of the meal."

Norma's Recipes

A quickie.

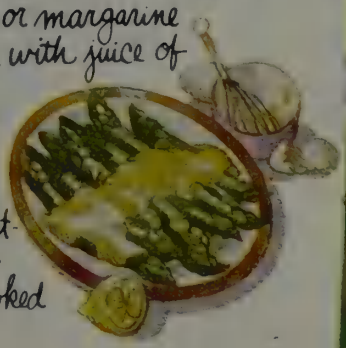
Simply squeeze juice from fresh lemon wedges over hot or chilled, cooked asparagus. Salt and pepper to taste.

A quickie with an extra touch.

Melt 1/4 cup butter or margarine. Add grated peel and juice of 1/2 Sunkist lemon, 1 tbsp. toasted sesame seed, 1 tsp. sugar and 1/4 tsp. garlic salt; heat. Serve over cooked asparagus. It's lemony and buttery and lovely.

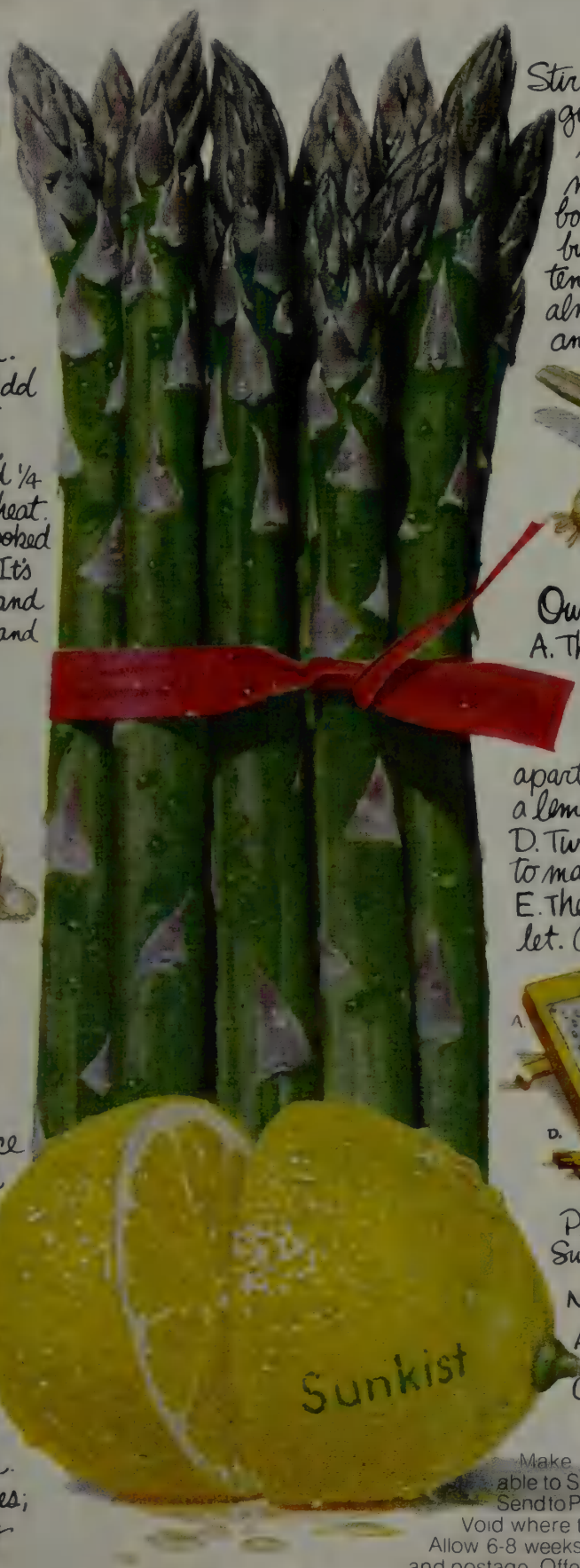
A classic.

The easiest hollandaise ever. Melt 1/2 cup butter or margarine until bubbly, with juice of 1/2 Sunkist lemon and 1/8 tsp. salt. Add slowly to 3 egg yolks, beating constantly. Serve over cooked asparagus.



A great salad.

Make a marinade. Combine the juice of 1/2 Sunkist lemon, 1/4 cup salad oil, 1 tsp. each dry mustard and finely chopped onion. Pour over cooked asparagus spears; chill. Salt and pepper to taste. Serve on salad greens and tomato slices; garnish with sieved hard-cooked egg and lemon cartwheels.



A triumph.

Stir fry 1 1/2 lbs. fresh asparagus, thinly sliced; 1 onion, sliced; 1 clove garlic, minced; with 1 chicken bouillon cube in 1/4 cup butter or margarine until tender. Stir in 1/4 cup sliced almonds and grated peel and juice of 1/2 Sunkist lemon.

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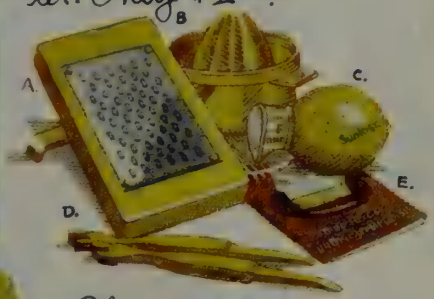

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GF
GENERAL FOODS

alsa, mustard, cloves, and ginger. Cover, reduce heat to simmer, and cook 1 hour. Uncover and simmer until ham begins to fall from the bone, 1 to 1½ hours longer; stir occasionally. Remove ham, discard skin and bones, and return meat to bean mixture; season to taste with salt and pepper. Makes 2 quarts.

Herbert Landesman
West Covina, Calif.

The sequence of flavors in a meal is firmly entrenched in custom, and most of us feel that our own way of arranging things is natural, the only way. Americans generally start a meal with soup or salad, go on to meat and a starch, and end with a sweet and coffee. Europeans, though, placed the sweets *between* more important courses until very recently. After the fish and before the fowl would come a cornstarch pudding or a fruit ice. And Europeans tend to like a savory finish, from English sardines or anchovy paste to French cheese.

Italians are big on starting a meal. In the beginning is the before-the-paste, then the paste itself, and finally dinner. *Chef* J. Richard Allard shares his antipasto.

Caponata alla Allardicci

- 1 medium-sized eggplant (about 1½ lbs.)
- About ¼ cup olive oil or salad oil
- 2 medium-sized onions, diced
- 1 can (1 lb.) tomatoes
- ½ cup diced celery
- 1 can (8 oz.) tomato sauce
- 2 teaspoons oregano leaves
- 2 teaspoons thyme leaves
- 1¼ teaspoons salt
- ¼ teaspoon pepper
- 1 clove garlic, minced or pressed
- ¼ cup pine nuts
- 1 tablespoon sugar
- 2 tablespoons red wine vinegar

Peel eggplant and put through the coarse blade of a food chopper, discarding any liquid, or finely chop with a knife. Heat 2 tablespoons of the oil in a 4 or 5-quart kettle over medium-high heat; add eggplant and cook until it is soft and begins to brown, adding more oil as needed to prevent sticking. Remove eggplant.

Add onion to pan and more oil if needed, and cook until onion is transparent. Add tomatoes (break up with a spoon) and their liquid, celery, tomato sauce, oregano, thyme, salt, pepper, and garlic. Cover and simmer for 20 minutes.

Return eggplant to tomato mixture; add pine nuts, sugar, vinegar. Simmer, stirring often, 30 minutes or until mixture is thick and vegetables are well done.

Cool, cover, and refrigerate as long as 1 week; freeze for longer storage. Serve at room temperature. Makes about 5 cups.

J. Richard Allard
Redlands, Calif.

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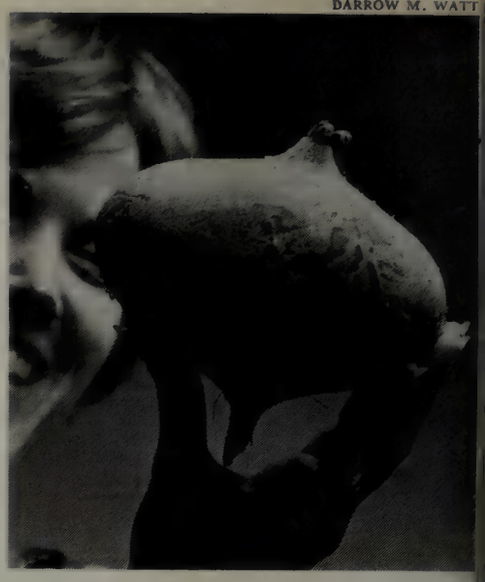
Jicama for dessert? Yes indeed. Here are two

DARROW M. WATT



Don't be fooled *by its looks. When peeled, this brown turnip-shaped root has pearly white flesh that is juicy, mild, and crisp*

Perhaps you have already discovered that the bulbous Mexican vegetable called jicama (*hee*-cah-mah) is delicious eaten raw or used as a substitute for water chestnuts. But have you ever served jicama for dessert?

The idea, though adventurous, makes sense. When cooked, jicama retains its distinctive crunch and develops an appealing mellow-sweet taste. For instance, you can use crunchy shreds of jicama in a flan to give intriguing contrast to the creamy smooth custard. Or bake a sliced jicama and apple crisp with rich pebbly crumb topping to serve warm or chilled.

Jicama Flan

In a small frying pan over medium heat, melt ⅓ cup sugar; shake pan often. When syrup is golden, pour at once into a 9 by 1¼-inch pie pan. Quickly tilt pan to let syrup flow evenly over entire bottom, then set aside.

Spread 2 cups (about ¾ lb.) peeled and shredded jicama on paper towels; blot dry with more towels.

Beat 5 eggs with 5 tablespoons sugar. Stir in 1⅔ cups milk and 1 teaspoon vanilla. Spread jicama evenly over caramel, then pour in egg mixture. Place pie pan in a larger pan of hot water and bake in a 350° oven for 25 to 30 minutes; test by gently pressing custard in center with back of spoon (when done, a crevice about ⅜ inch deep forms).

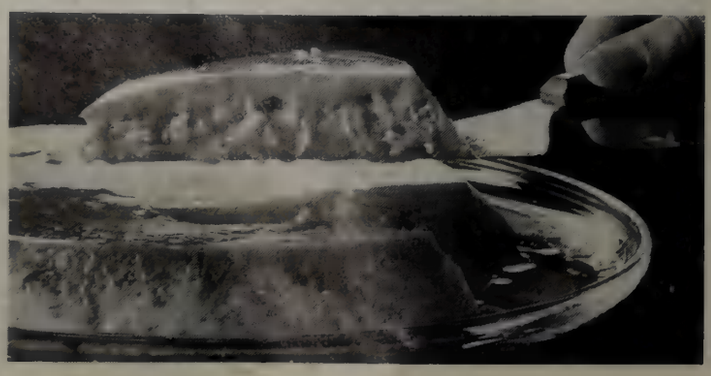
Remove custard from hot water and chil at once. When cold, loosen side of cus tard with a knife; cover with a rimmec plate and quickly invert. Cut in wedge and spoon over its caramel syrup. Make 6 servings.

Jicama Apple Crisp

Peel, core, and quarter about 2 medium sized Golden Delicious apples and cu them into ¾-inch slices; you shoul have 2 cups. Also peel 1¼ to 1½ pounds jicama and cut into ⅛-inch-thicl slices about ¾ inch square. You shoul have 4 cups.

Combine apples and jicama and sprea in a greased 9-inch square baking dish Stir together ⅓ cup apple juice, ¼ cu granulated sugar, and ¼ teaspoo ground nutmeg; pour over apple mixture Mix ½ cup firmly packed brown suga 1 teaspoon ground cinnamon, ¼ tea spoon salt, and ¾ cup all-purpose flou (unsifted) until well blended. Cut in ⅓ cup butter or margarine with a pastr blender or two knives until particles ar about the size of small peas. Squeez small handfuls of the mixture togethe then crumble evenly over apple mixtur in coarse chunks.

Bake in a 375° oven until topping browned and apples are tender whe pierced, about 35 minutes. Serves 6 to 8.



Offer wedges *of jicama-laced baked flan; spoon caramel sauce over the top*

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Roll scrambled eggs *in hot corn tortillas, then top with spicy sauce and cheese before broiling*

Eggs for two

Here are four breakfast surprises... Swiss, French, Mexican, Rocky Mountain

DARROW M. WAT

Breakfast surprise: *Swiss egg puffs, hot from the oven. Serve them with seasonal fresh fruits, pork sausage links*

Eggs are an easy choice for brunch or supper—especially when you cook for just two. And rightly so: Compact, nourishing, quick cooking, and versatile, eggs are generally on hand for a spur-of-the-moment meal without leftovers.

But sometimes an unexpected approach is in order. For instance, our Swiss egg puffs and individual custards show off their light and airy ways, while the other two suggestions turn scrambled eggs into sturdy entrées.

Swiss Egg Puffs

In a 1½-quart pan, combine ½ cup milk, 2 tablespoons butter or margarine, ¼ teaspoon salt, and a dash pepper. Bring to a full boil and all at once add ½ cup all-purpose flour, unsifted. Stir over medium heat until mixture leaves sides of pan and forms a ball. Remove from heat and beat in 2 eggs, one at a time, until mixture is smooth and well blended. Beat in ⅓ cup shredded Swiss cheese.

Using 2 large spoons make 4 equal mounds of dough on a greased baking sheet; mounds should be about 2 inches apart. Sprinkle 2 tablespoons shredded Swiss cheese over all. Bake in a 375° oven for 40 minutes or until puffs are well browned and crisp. Serve hot. Makes 4 puffs.

Cheese Custard Ramekins

Spread soft butter or margarine on both sides of 2 slices white bread; place each in a shallow baking dish (about 1-cup size). Beat 2 eggs until light, then beat in 1 cup half-and-half (light cream) or milk, ¼ cup dry white wine, and ⅛ teaspoon *each* salt and dry mustard. Evenly distribute 1½ cups shredded Swiss cheese over bread, then pour over the egg mixture. Sprinkle 2 thinly sliced green onions over top. Cover and chill at least 2 hours or overnight.

Bake, uncovered, in a 350° oven for 20 to 25 minutes (or in a microwave on high for 6 to 8 minutes, rotating baking dishes frequently) or until custard is set when jiggled. Serves 2.

Egg Enchiladas

Heat 1½ tablespoons salad oil in a small frying pan over medium heat: Add 1 small onion, chopped, and ½ cup chopped green pepper; cook until onion is limp. Stir in 1 large can (15 oz:) tomato sauce and 1½ teaspoons chile powder; reduce heat to low and let simmer while you cook the eggs.

Beat 5 eggs until well combined, then beat in 2 tablespoons milk, ¼ cup diced canned California green chiles, and salt and pepper to taste. Melt 2 tablespoons butter or margarine in a frying pan over medium-low heat; when bubbly pour in the egg mixture and cook, lifting set portion gently to allow liquid egg to flow underneath. Cook until set to your liking.

Dip 4 corn tortillas, 1 at a time, in hot tomato sauce until soft; place on a plate and spoon ¼ of the eggs down the cen ter of each. Roll up and place, seam sid down, in a single layer in a shallow bak ing dish. Bring remaining sauce to a boil pour evenly over top, and sprinkle wit ¾ cup shredded Cheddar cheese. Plac under a preheated broiler, about inches from heat, for 2 to 3 minutes o until cheese melts. Serves 2.

Rocky Mountain Eggs

- 1 small potato
- 4 tablespoons butter or margarine
- 1 small onion, finely chopped
- ½ cup cubed cooked ham, beef, or pork
- 1 tablespoon chopped parsley
- 3 eggs
- ¼ teaspoon salt
- Dash pepper
- 1 tablespoon milk
- ½ cup shredded Cheddar or jack cheese

Peel potato and cut into ½-inch cube you should have about ¾ cup. Melt tablespoons of the butter in a 10-inc frying pan. Add potato, onion, and mea Cover and cook over medium heat, sti ring occasionally to brown evenly, unt potato is tender when pierced, about 1 minutes. Sprinkle with parsley, add r maining 2 tablespoons butter, and r duce heat to low.

Beat eggs with salt, pepper, and mil until well blended. Pour egg mixture in pan and cook, lifting set portion with spatula so uncooked egg can flow u derneath. Cook until eggs are almo completely set, sprinkle with cheese, a cover just until cheese melts. Cut in wedges to serve. Serves 2.

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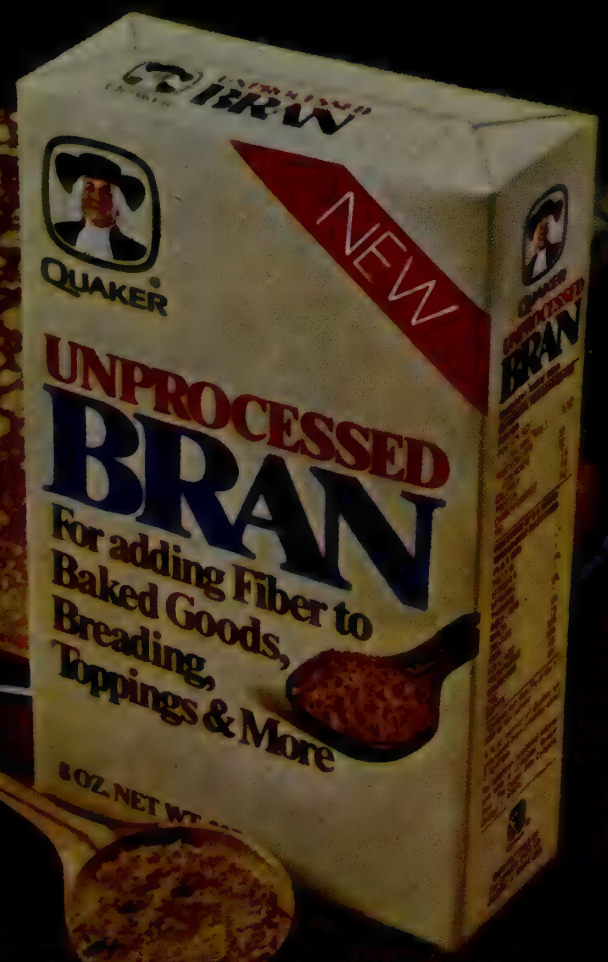

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Spicy insides for picnic pies

To make the Latin American picnic pies on page 102 extra-hearty, you might fill them with the spicy meat or savory chicken mixtures below.

Meat filling. You'll need about 2 pounds bone-in lamb shoulder, beef chuck, or pork shoulder steaks, cut about ¾-inch thick. Cut meat away from bone; trim away excess fat. Cut meat into ¾-inch cubes (you should have about 4 cups). In a bag combine meat and 2 tablespoons all-purpose flour; shake until coated.

Pour 2 tablespoons salad oil into a wide frying pan and place over medium heat. When oil is hot, add meat and cook, stirring frequently, until lightly browned.

Push meat to one side and add 1 large onion, chopped; 2 cloves garlic, minced or pressed; 2 teaspoons ground coriander; 1½ teaspoons *each* chile powder and salt; and ¼ to ½ teaspoon cayenne. Cook, stirring, until onion is soft. Add 2½ cups water; cover and simmer until meat is almost tender, 30 to 40 minutes.

Add 1 small baking potato, peeled and cut into ¾-inch cubes. Cover and simmer until potato is almost tender, 15 to 20 minutes. Add 1 small can (2¼ oz.) sliced olives (drained), ½ cup *each* frozen peas, raisins, and chopped parsley. Cover and simmer until peas are tender, about 10 minutes longer. Cool. Cover and chill if made ahead.

Chicken filling. Place 1 medium-sized broiler-fryer chicken (about 3½ lbs.) and 1 new potato, cut in half, in a Dutch oven; add enough water to cover. Bring to boiling, then reduce heat and cover and simmer 20 to 25 minutes or until both chicken and potato are tender.

Lift out chicken and potato and reserve 2½ cups broth; when cool enough to handle, tear chicken into bite-sized pieces (discarding skin and bones); peel and cut potato into ½-inch cubes.

Heat 2 tablespoons salad oil in a large frying pan set over medium heat. Add 2 medium-sized onions, chopped, and 2 cloves garlic, minced or pressed; cook, stirring until onion is limp. Add ¼ cup finely chopped fresh coriander (cilantro), 1 teaspoon salt, 2 to 3 small hot chiles (crushed), and 4 tablespoons flour and stir mixture until blended.

Gradually stir in the 2½ cups reserved chicken broth, 1 cup frozen peas (defrosted), ½ cup sliced pimiento-stuffed olives, and the potato and chicken.

Cook, stirring, over medium-high heat until mixture is thick, about 5 minutes. Cool. Cover and chill if made ahead.

Earn your hash marks.

You can promote Flav-R-Pac's golden hash browns to "gourmet" status with just a few little additions of your own! First, cook frozen hash browns according to package directions. Salt and pepper to taste. Then add: cooked chunks of link sausage. Or half a cup of coarsely chopped onion. Or top with a cup of grated cheddar cheese and place under broiler till cheese bubbles. Or criss-cross strips of crisp bacon across the top. Or add 1 small can of minced clams after potatoes begin to brown. Or... earn your hash marks by making up your own flavor-packed recipe!

North Pacific
Canners & Packers, Inc.
Portland, Oregon 97202

FLAV-R-PAC

Treet has a taste that's bigger than just sandwiches

Taste country-style Treet in the easy-open can.

Treet, with its country-style ham flavor, sprinkle of brown sugar, pinch of nutmeg and cloves, inspires all kinds of serving ideas besides sandwiches. Like this Treet Tahitian Supper.

Just add ½ cup packed brown sugar, 2 tbs. cornstarch in saucepan; add pineapple syrup (reserved from 1-13½ oz. can pineapple chunks), 1 cup water, 2 tbs. vinegar. Cook, stirring constantly until clear and thick. Stir in 1-12oz. can Armour Star Treet, cut in 1" cubes, pineapple, and 1 cup green bell-pepper strips; keep cooking until hot, about 10 minutes. Serve over hot cooked rice. Serves 4.

Treet . . . another tasty canned meat product from Armour

YOU KNOW IT'S GOOD IF IT'S ARMOUR

DARROW M. WA

Spoon *marinated vegetables and tu into lettuce-lined salad plat*

Antipasto salad goes together in minutes, keeps

This spirited combination of vegetabl and tuna goes together in minutes a keeps well in the refrigerator for fo to five days. You can serve it as a fi course to start an Italian meal, or as dinner salad with roasted or barbecu meats. To turn it into a luncheon entr double the amount of tuna and ofl breadsticks or crusty rolls on the side

Antipasto Salad

- 1 jar (11 oz.) pickled mixed vegetables, drained
- 1 can (4 oz.) whole mushrooms, drained
- 1 can (6 oz.) pitted, medium-sized ripe-olives, drained
- 1 jar (6 oz.) marinated artichoke hearts
- 1 can (8 oz.) tomato sauce
- ½ teaspoon dry basil
- 1 can (7 oz.) solid pack tuna, drained
- Crisp butter lettuce cups

Cut pickled vegetables into bite-siz pieces; combine with mushrooms a olives. Cut artichokes lengthwise in or 3 pieces and, with their marina add to vegetables. Then stir in the mato sauce and basil. Distribute tu over top and mix gently. Cover and cl at least overnight.

To serve, mix well then lift vegetab out and arrange on individual lettu lined salad plates; pass any remain sauce to spoon over all. Makes abou servings.—*J. G., Hood River, Ore.*

SUNS

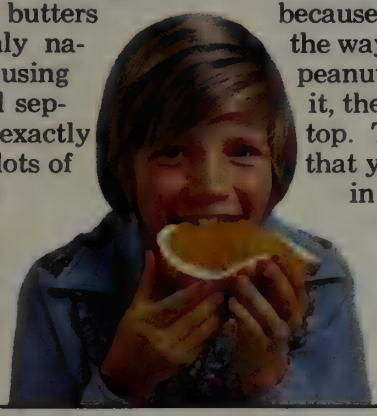
Cool it.

Ever wonder why we recommend hat you keep Laura Scudder's Old 'ashioned Peanut Butter in the re-rigerator? Here's the story, in a utshell.

Not too long ago, all peanut but-ers were made the old-fashioned, atural way: freshly roasted peanuts nd a little salt were ground together o make a delicious, creamy mixture. 'ou got a great-tasting peanut butter, ne that was full of rich, natural eanut flavor. And you also got oil hat would separate from the mixture and rise to the top of the jar.

The advent of stabilizers changed all that. Most peanut butters changed from using only natural ingredients to also using stabilizers to prevent oil separation. The taste wasn't exactly the same as before, but lots of people liked the results.

Laura Scudder's didn't change. We make ours the same old-fashioned, natural way — just peanuts and salt —*nothing else!* We think it's still the best-tasting peanut butter there is, because there's nothing to get in the way of the rich, full natural peanut flavor. And, you guessed it, the oil can still come to the top. That's why we suggest that you stir it up and keep it in the refrigerator. Then it won't separate. Next time, get Laura Scudder's Old-Fashioned Peanut Butter. Then, *cool it.*



Laura Scudder's®

OLD FASHIONED PEANUT BUTTER

Just peanuts and salt — nothing else.

DARROW M. WATT

It's Mom's turn to relax *when the family comes up with this easy-to-fix breakfast: blender orange drink, banana coffee ring, and scrambled eggs*

MAY MENUS

Special breakfast for Mom, sausage barbecue for Memorial Day weekend, veal-in-wine-sauce Italian dinner

Thinking up something special to do for Mother's Day can be a dilemma for 9-year-olds. But with a little help from Dad, even young cooks can assemble a breakfast treat with our ring-shaped banana coffee cake and the refreshing frothy orange drink.

On Memorial Day, if you're planning a picnic outing or a backyard barbecue we suggest a feast of big juicy sausages and a Mexican-flavored salad. Or consider our elegant Italian menu, featuring veal with a ham and mushroom sauce for any weekend entertaining you'll be doing this month.

A special breakfast for Mom

We've written the recipes in this menu so they're simple enough for youngsters to tackle. The banana coffee cake made from a packaged biscuit mix an the foamy drink is simply orange juic milk, and ice whirled in the blender.

Frothy Orange Drink
Banana Coffee Ring
Scrambled Eggs Cooked to Mom's Likin

About an hour before breakfast, tur the oven on to 400° and start preparin the coffee cake. While it bakes, you ca assemble the ingredients for the eg and make the orange drink.

When the coffee cake finishes bakin immediately turn it upside down on serving platter. Then get some help i scrambling the eggs to Mom's liking; w put ½ cup of cherry tomato halves an 1 cup shredded Cheddar cheese on ou just before they finished cooking.

Frothy Orange Drink

In a blender container, combine 1 cu *each* milk and water, ¼ cup sugar, teaspoon vanilla, 1 can (6 oz.) froze orange juice concentrate (thawed), an 9 or 10 regular-sized ice cubes. Whi mixture until smooth and frothy, abo 1 minute. Makes about 4 to 6 serving —*C. C., Cerritos, Calif.*

Banana Coffee Ring

- ½ cup melted butter
- ½ cup *each* packed brown sugar and sliced almonds
- 1 egg
- ¾ cup mashed banana (about 2 ripe bananas)
- 3 tablespoons sugar
- 2 cups biscuit (baking) mix
- ⅓ cup milk
- 1½ teaspoons ground cinnamon
- ½ teaspoon ground nutmeg

Lightly grease the sides of a 6½ to 8-cu ring mold. Pour half the melted butt (¼ cup) in bottom of pan. Sprinkle ha of brown sugar (¼ cup) and half of nu (¼ cup) over the butter.

In a mixing bowl, beat egg; add mashe banana, sugar, biscuit mix, and milk an beat until smooth. In another bowl, st together the remaining ¼ cup of brow sugar, the remaining ¼ cup of nuts, th cinnamon, and nutmeg.

Spoon half the banana batter into th mold and top with the mixture of brow sugar and spices. Drizzle the remainin ¼ cup of melted butter over it. Spoo the remaining batter on top of the butt and smooth it evenly.

Bake the cake in a 400° oven for 2 minutes or until a wooden pick inserte in the center comes out clean. Immed ately turn it upside down on a plat Makes 1 coffee cake.

Memorial Day barbecue

A robustly flavored salad is the highligh of our Mexican-style barbecue. Th greens are laden with bits of corn, to matoes, green peppers, and crisply frie

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GENERAL FOODS

General Foods Corporation 1977

Two or three kinds *of sausage are grilled to accompany tortilla-sprinkled salad and French bread with a Cheddar cheese topping at this holiday barbecue*

tortilla pieces, and tossed with a spicy chile dressing.

Assorted Grilled Sausages
Mustard Pickles
Fiesta Salad
Cheese-topped French Bread
Papaya Halves Cookies

For 6 to 8 people, you'll need about 2½ to 3 pounds of precooked sausages, such as kielbasa, bratwurst, or knockwurst.

Early in the day, prepare the bread: butter generously, sprinkle with Cheddar cheese, and wrap in foil; make the salad dressing; and fry the tortillas. As much as 4 hours ahead, mix vegetables and lettuce in a bowl; chill.

At the picnic site, put the sausages on to cook, basting with your favorite barbecue sauce, and set the bread on to warm until hot throughout. At the last minute, toss the salad.

Fiesta Salad

Salad oil
6 corn tortillas, cut into ½ by 2-inch strips
Salt
1 large head romaine or iceberg lettuce
1 can (12 oz.) whole-kernel corn, drained
1 medium-sized green pepper, cut into strips
½ cup *each* thinly sliced green onions and sliced ripe olives
1 cup cherry tomatoes, cut in half
Tomato dressing (recipe follows)
1 large avocado

In a small pan, heat 1 inch of salad oil to 375° on a deep-fat frying thermometer. Add ¼ of the tortilla chips at a time and cook for 1 minute or until crisp and golden, lift out and drain, then lightly sprinkle with salt.

Break the lettuce into a large salad bowl. Add the corn, green pepper, onions, olives, and tomatoes; cover and refrigerate if made ahead. Just before serving, add the tortillas and dressing to the salad and toss until well blended. Peel and slice the avocado; place on top of the salad. Makes about 8 servings.—*H. N., San Francisco.*

Tomato dressing. In a blender container combine ⅔ cup tomato juice; 2 teaspoons chile powder; 2 cloves garlic minced or pressed; ½ teaspoon *each* salt and sugar; ¼ to ½ teaspoon liquid hot pepper seasoning; 1 egg; and 1 tablespoon lemon juice. Whirl until blended. With the blender on lowest speed, gradually add ¼ cup *each* olive oil and salad oil (or all salad oil) in a thin stream until well blended and thickened. Chill until ready to use.

An Italian dinner for guests

Veal scallopini, a popular entrée at Italian restaurants, is more available than it used to be for Western shoppers to prepare at home. And, even though it still commands a higher price per pound

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ROBERT KRUPS, NORTH [illegible] AVENUE ■ ENGLEWOOD CLIFFS, N.J. [illegible]

than some meats, you can make this elegant make-ahead dish for a fraction of the cost you'd pay in a restaurant.

Veal in Wine Sauce
Fresh Cooked Asparagus
Buttered New Potatoes
Sliced Strawberries **Custard Sauce**

Early on the day of serving, prepare 2 cups of custard sauce, using your own recipe or adding an additional ½ cup milk to 1 package (3 oz.) egg custard mix. At this time you can also assemble the veal dish.

About 30 minutes before you plan to serve, start cooking the new potatoes, put the veal dish in to bake, and cook the asparagus.

Veal in Wine Sauce

About ½ cup flour
1 pound veal scallopini
1½ tablespoons olive oil or salad oil
About 5 tablespoons butter or margarine
1 package (4 oz.) diced cooked ham, cut into thin strips
2 tablespoons minced shallots (or red onion)
⅓ pound mushrooms, thinly sliced
2 teaspoons beef stock base dissolved in 1½ cups water
½ cup port wine or apple juice
¼ teaspoon *each* thyme leaves and ground white pepper
Salt
1 can (8½ oz.) quartered artichoke hearts (drained)
1 cup (4 oz.) shredded Swiss cheese

Place ¼ cup of the flour in a shallow pan; dip each piece of veal in the flour to coat, shaking off excess.

Heat the olive oil and 2 tablespoons of the butter in a frying pan set over medium-high heat. Place 2 or 3 pieces of the veal at a time in the hot oil mixture and quickly brown on both sides; it takes only about 30 seconds. Set aside.

Melt remaining 3 tablespoons butter in the pan. Add ham and cook until brown; remove ham and set aside. Add shallots and mushrooms to pan and cook, stirring, until mushrooms are limp and moisture evaporates.

Remove pan from heat and stir in remaining ¼ cup flour; gradually stir in the beef broth mixture, wine, thyme, and pepper until smooth and well blended. Return to high heat and cook, stirring constantly, until sauce boils and thickens; add salt to taste and the ham; cool to room temperature.

Arrange the artichoke hearts on the bottom of a lightly greased shallow 2-quart casserole. Arrange the veal pieces on top, slightly overlapping; top with cooled mushroom sauce, then the cheese. (Cover and chill if made ahead.)

Bake, covered, in a 400° oven for 20 minutes or until heated through; uncover and bake an additional 5 minutes or until cheese melts. Makes about 4 servings.—*H. F., Irvine, Calif.* □

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Travel Alberta

CANADA

Before dinner the Dutch enjoy hot bites of *bitterballen*

Vith an apéritif before dinner, the Dutch requently enjoy hot *bitterballen*, crispoated little meat croquettes with a soft reamy center.

'raditionally, these hors d'oeuvres are nade by dipping small balls of wellseasoned veal and sauce mixture into gg white and bread crumbs, then uickly frying them. With our recipe you an use pork or ham instead of veal, and ubstitute crushed seasoned croutons for he bread crumbs.

'o serve bitterballen at their best—iping hot—you can prepare them head, then quickly fry them before erving. Or prepare and fry them ahead, hen freeze to reheat and serve later.

itterballen

- 4 tablespoons butter or margarine
- About 1½ pounds bone-in veal or pork, or 1 pound ham steak
- ½ cup finely chopped onion
- 5 tablespoons flour
- ¼ teaspoon *each* ground nutmeg and ground white pepper
- ½ teaspoon salt
- 1 teaspoon chicken-seasoned stock base, dissolved in 1 cup warm water
- 2 eggs, separated
- 2 tablespoons *each* minced parsley and dry Sherry
- About 4 cups seasoned croutons
- Salad oil
- Hot mustard for dipping

elt 1 tablespoon of the butter in a fryg pan set over medium heat. Add the eat and cook, turning several times, ntil well browned and no longer pink side when slashed, about 5 minutes. 'ook ham just until browned on both des.) When cool enough to handle, nely dice the meat with a knife and set ide; you should have about 2 cups.

elt remaining 3 tablespoons butter in e frying pan; add onion and cook, stirng, just until limp. Stir in flour, nutmeg, pper, and salt until blended, then gradlly add chicken broth mixture; cook, rring, until sauce bubbles and thickens. emove from heat and stir in egg yolks, rsley, Sherry, and chopped meat; ok, stirring, over medium heat just ntil mixture begins to bubble. Evenly read the thick meat mixture in a 9-inch uare baking dish. Cover and refriger- until cool enough to handle.

a blender, whirl enough croutons to ake 2 cups fine crumbs. Shape meat xture into 1-inch balls; roll in crumbs d set on large baking sheets. When lls are dry to touch, whip the 2 egg ites just until frothy. Dip the crumbted meatballs in egg whites, then roll ain in crumbs, coating completely. osely cover and refrigerate at least 2 hours or as long as overnight.

To cook, heat 2 inches of salad oil in a small saucepan to 375° on a deep-fat-frying thermometer. Immerse about 6 meatballs at a time in the hot fat and cook until golden brown, about 1 minute. Lift meatballs from oil with a slotted spoon, drain on paper towels. Serve hot with mustard for dipping. Or cool completely, cover, and freeze. To reheat, place frozen meat croquettes on rimmed baking sheets and bake in a 400° oven for 15 minutes or until heated through. Makes about 5 dozen appetizers. □

DARROW M. WATT

Crisp coating *conceals bitterballen's creamy centers; offer them to dip into hot mustard*

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Not only the kids will love these two recipes. Grown-ups will, too. More recipes next month.

PIZZA BURGERS À LA MAKE·A·BETTER BURGER

1 package Lipton® Make·a·Better Burger,® Any Flavor
1¼ cups warm water
1 pound ground beef
1 can (8 oz.) tomato sauce
1 can (3 oz.) chopped mushrooms, drained
6 slices American cheese, cut into 4 strips

In large bowl, combine Make·a·Better Burger with water. Add beef; mix thoroughly. In baking pan, form mixture into 8 patties ½ inch higher around the edges to form a center "well". Bake at 375° for 30 minutes; drain. Fill centers with tomato sauce mixed with mushrooms; arrange 3 cheese strips on top. Bake 8 minutes or until cheese is melted. Makes 8 patties.

B.L.T. BURGERS À LA MAKE·A·BETTER BURGER

1 package Lipton® Make·a·Better Burger,® Any Flavor
¾ cup warm water
1 pound ground beef
¼ cup catsup
1 tablespoon Worcestershire sauce
1 cup finely chopped tomato
8 slices bacon
Lettuce
8 frankfurter rolls

In large bowl, combine Make·a·Better Burger with water. Add beef, catsup, Worcestershire sauce, and tomato; mix thoroughly. Shape into 8 oblong burgers; wrap with bacon and secure with wooden toothpicks. Grill or broil, turning occasionally, until done. Serve with lettuce on rolls. Makes about 8 servings.

FREE recipe booklet. Send your name and address to: Thomas J. Lipton, Inc. MABB 7, P.O. Box 1675, Englewood Cliffs, New Jersey 07632

Crab gets together with marrow

Marrow, that rich succulent delicacy from the heart of bones, is a seasoning element usually reserved for hearty meat dishes.

But when buttery marrow is mingled with crab, this delicate shellfish acquires a mellow fullness of flavor. The dish is simple to prepare: sautéed mushrooms, green onion, and the crab are gently blended in a light sauce.

Ask your meatman to cut the large, marrow-filled bones into short lengths so you can easily remove the marrow after cooking.

Serve the crab dish either as an entrée spooned over rice or as a hot hors d'oeuvre on toast.

Crab and Mushrooms with Marrow

In a 10 to 12-inch frying pan, combine 5 marrow bones (each 3 to 4 inches long) and 1 can (14 oz.) regular-strength beef broth. Bring to a boil, cover, and simmer 20 to 25 minutes or until marrow begins to pull from sides of bones and looks translucent. Lift bones from broth, drain, and cool slightly. Boil broth rapidly, uncovered, until it is reduced to ½ cup; transfer broth to a small container and set aside.

Shake marrow from bones (use a long slender knife to help free it) and cut into large pieces; keep warm.

In the same frying pan, sauté 1 pound thinly sliced mushrooms in 2 tablespoons butter or margarine over high heat, stirring often until liquid has evaporated and mushrooms are lightly browned.

Blend 1 tablespoon water with 2 teaspoons cornstarch and add to the reserved broth. Stir broth into mushrooms and cook until mixture is bubbly. Add 1 cup thinly sliced green onion (including green tops), 1 pound (about 3 cups) cooked crab meat, 1 tablespoon soy sauce, and ¼ teaspoon grated fresh ginger (optional). Cook over medium heat, stirring gently so you don't break up crab pieces, until hot; takes 3 to 5 minutes. Pour into serving container and top with reserved marrow.

To serve as a main dish, spoon crab onto hot cooked rice or toast. For an hors d'oeuvre, keep crab hot in a chafing dish over hot water or on an electric warming tray. Have guests spoon crab onto toasted thin slices of baguette (long skinny French bread) or melba toast. Makes 4 to 6 main-dish servings, 10 to 12 appetizer servings. □

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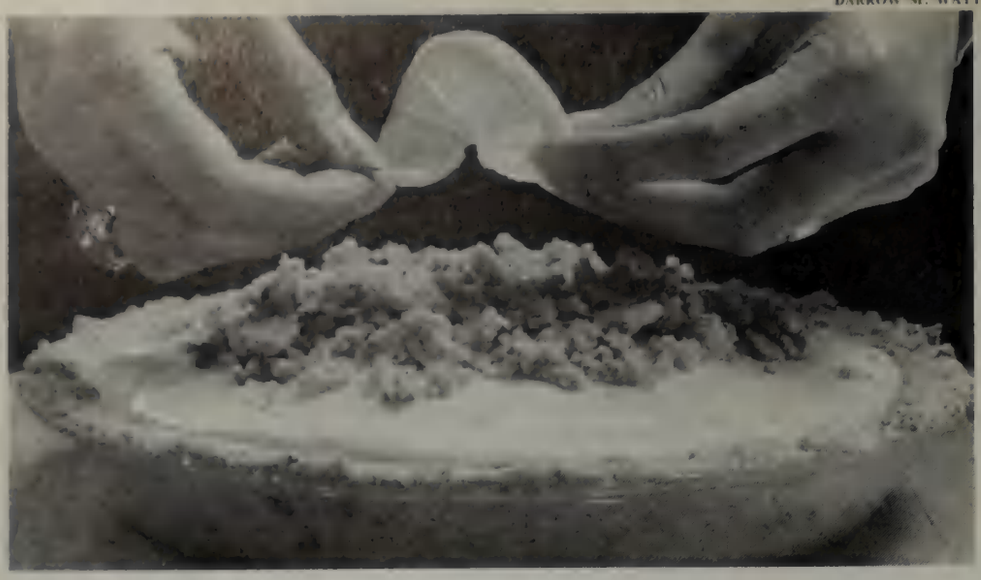
DARROW M. WATT



Final touch: *Garnish chiffon pie with buttery crumbs and a lemon twist*

The lemon is the secret . . . juice or a whole lemon chopped up

Fresh lemon gives these pies a refreshing tanginess you'll appreciate after dinner.

An ultralight chiffon filling distinguishes the first; buttery nut crumbs decorate the top and form the crust. The double-crusted pie has an eggy filling with bits of chopped lemon; cinnamon-sugar dusts the crust.

Light Lemon Chiffon Pie

- 1 cup all-purpose flour, unsifted
- ¼ cup packed brown sugar
- ½ cup butter or margarine, at room temperature
- ½ cup finely chopped nuts
- 2 tablespoons melted butter or margarine
- 1 envelope unflavored gelatin
- 1 cup granulated sugar
- ⅔ cup water
- 4 eggs, separated
- ⅓ cup lemon juice
- 1 tablespoon grated lemon peel
- ½ teaspoon cream of tartar

Stir together flour and brown sugar. With a pastry blender or two knives, cut butter into flour mixture until coarse crumbs form. Stir in nuts. Spread mixture into a large shallow pan and bake in a 350° oven about 10 minutes or just until golden; let cool.

Reserve ¾ cup for garnish and lightly crush remaining mixture to form coarse, even crumbs. Mix crumbs with the melted butter; lightly press mixture in an even layer on bottom and up sides of a 9-inch pie pan.

In a pan combine the gelatin, ½ cup of the granulated sugar, water, and egg yolks; stir together until blended. Cook, stirring, over low heat just until mixture thickens, about 10 to 15 minutes. Stir in lemon juice and peel; cool. Chill, or stir over ice water, until thick.

Beat egg whites with cream of tartar until frothy. Add remaining ½ cup granulated sugar, a tablespoon at a time, beating until stiff glossy peaks form. Pour lemon mixture over egg whites. Gently fold together until blended. Pour into pie crust. Chill until set, then cover lightly. About 30 minutes before serving, remove pie from refrigerator and let stand at room temperature. Sprinkle with reserved crumbs. Makes 6 servings. —*E. A., Everett, Wash.*

Double-crust Lemon Pie

Using a mix or your favorite recipe, make pastry for a double-crust 9-inch pie. Roll out half and fit it into a pie pan.

Stir together 1¼ cups sugar, 2 tablespoons all-purpose flour (unsifted), and a dash of salt. Mix in ¼ cup butter or margarine (at room temperature). Beat together 3 eggs; reserve 1 teaspoon and stir remainder into sugar mixture. Add 1 teaspoon grated lemon peel, 1 medium-sized lemon (chopped, including peel, seeds removed), and ½ cup water; stir until blended. Pour into pie shell.

Roll out remaining pastry. Place over filling; seal and crimp edges. Brush top with the reserved 1 teaspoon beaten egg. Mix together 2 teaspoons sugar and ½ teaspoon ground cinnamon; sprinkle over pastry. Slash top in several places. Bake in a 400° oven until browned, about 30 to 35 minutes. Let cool. Serves 6—*N. E., Santa Monica, Calif.* □

KRAFT SALAD DAYS ARE HERE.

Celebrate the tropical taste of a DOLE® fresh pineapple in this island-inspired salad topped with sweet and spicy CATALINA French Dressing from KRAFT.

CELEBRATE THE DOLE FRESH PINEAPPLE WITH A WAIKIKI SALAD BOAT

1 large fresh DOLE pineapple
1 cup cherry tomato halves
1 cup cucumber slices
½ cup celery slices
¼ cup chopped walnuts, toasted
2 tablespoons blue cheese crumbles
8-oz. bottle CATALINA French Dressing

Cut pineapple in half lengthwise. Remove fruit, leaving shell intact. Core and chunk fruit. Combine pineapple, tomatoes, cucumber, celery, walnuts and cheese; toss lightly. Spoon into pineapple shells. Serve with dressing.

KRAFT

® Dole—Reg. T.M. Castle & Cooke, Inc.

CASTLE & COOKE, INC.

RAFT
Catalina
Dole
PINEAPPLE

NORMAN A. PLATE

To oven-fry fish, *dredge pieces in your choice of coating (it can be light and thin or thick and crusty). Then bake on a very hot pan until golden; it takes just minutes*

How to oven-fry a fish. It's easy, it takes only minutes, results are golden, crusty

Fish cookery is based on several simple, basic techniques. Once you've mastered them, you can cook almost any fish in a vast number of ways. Our newly released *Seafood Cook Book* tells you how (see box at right).

Here we excerpt the oven-frying technique. It suits most kinds of fish and is simple and quick; you just pop coated fish into a hot pan to bake in a very hot oven. In a few minutes, the fish is golden and crusty on the outside, moist and tender inside.

How to oven-fry fish

Small whole fish, fish fillets or steaks (½ to 1½ inch thick) work best. Wipe the fish with a damp cloth; cut in serving-sized pieces (about 3 by 5 inches), if desired.

Place a large shallow baking pan or metal serving platter in the oven while it preheats to 500°. Meanwhile, coat fish with one of the coatings suggested at right or with flour only, shaking off excess; set aside in a single layer.

Remove hot baking pan from oven. Put equal amounts butter or margarine and salad oil in pan so that it is ⅛ inch deep (about 1½ to 2 tablespoons *each* for 9 by 13-inch pan); swirl butter in pan until melted. Lay a piece of fish in pan; turn to coat with melted butter. Repeat with rest of fish, arranging as many pieces in pan as will fit without crowding. (With plain flour coating, sprinkle about ½ cup thinly sliced green onions—for 4 to 6 servings—over fish, if you like.)

Return pan to oven and bake until fish is browned and flakes readily when prodded in thickest portion. To estimate cooking time, carefully measure fish at thickest point and allow 10 minutes for each inch. (For example, allow 5 minutes for ½-inch pieces, 15 minutes for 1½-inch pieces.)

Transfer cooked fish to a warm plate or serve directly from the metal serving platter. Garnish with lemon wedges and a sprig of parsley, if you wish. Salt and pepper to taste. Serve immediately.

Fish coatings

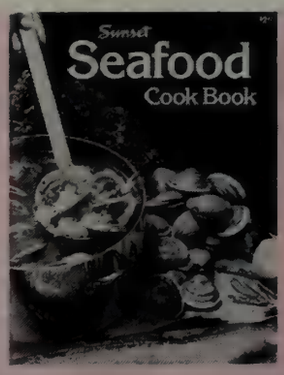
Any of the following coatings is enough for about 1½ to 2½ pounds fish (4 to 6 servings).

Egg and crumb coatings. Combine in a shallow pan 2 eggs (slightly beaten) and 2 tablespoons milk. In another shallow pan or on a piece of waxed paper, spread about 1 cup fine dry bread crumbs, cracker crumbs, wheat germ, or any of the following combinations: ½ cup *each* all-purpose flour and yellow cornmeal; ½ cup *each* fine dry bread crumbs and shredded Swiss or Gruyère or grated Parmesan cheese; ⅓ cup fine dry bread crumbs mixed with ½ cup walnuts: finely minced or whirled in blender until finely ground, and ¼ teaspoon *each* pepper and ground allspice.

Dip each fish piece in egg mixture, drai briefly, then roll in crumbs.

Sour cream and filbert coating. Finel mince ¾ cup filberts or whirl in blender until finely ground; spread on shallow pan or piece of waxed pape Also have ready ½ cup sour cream.

Spread one side of each fish piece wit sour cream; lay cream side down i nuts. Spread other side with sour crear and turn to coat it in nuts. Follow direc tions at left for oven-frying fish, excep lay pieces in buttered baking pan, bu don't turn to coat other side; instea drizzle some of the melted butter and o over tops.



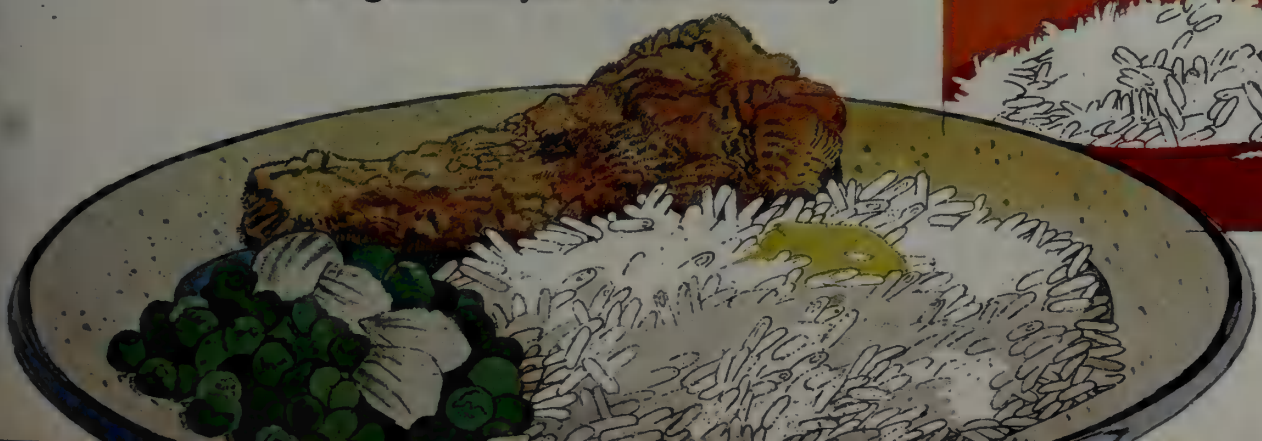
Sunset's completely revised *Seafood Cook Book* (Lane Publishing Co., Menlo Park, Calif. 94025, 1977; $2.45) guides you through the basic fundamentals of fish cookery. It offers recipes that range from simple seasoning ideas for the novice cook to tantalizing sauces and whole-meal presentations for the more experienced. Enlarged to include fish from all over the United States, the book also includes charts on where and when fish are available, their common names, and cooking characteristics.

All the goodness in rice comes from nature alone. But it took Uncle Ben's to bring that goodness home.

All rice starts with the goodness of nature. But most companies strip away that whole grain goodness. So, what you get is less than what nature put there in the first place. But Uncle Ben's found a way no one else found to take that goodness and seal it in. To bring you rice with a taste that's wholesome and naturally delicious. And a natural texture that's beautiful and separate, every time.

Bring the goodness home tonight. Try Uncle Ben's.®

The goodness just comes naturally.



Also available in Canada

MAY IN YOUR GARDEN:

This is action-everywhere month... carry on along the Pacific Coast, start up in the Rockies

May brings plenty of garden work simply because virtually everything is growing for all it's worth. That includes lawns for mowing, snails for stomping, and spring-flowering shrubs for pruning.

This is also usually one of the best months to plant annuals for summer and fall bloom—if you have the water.

In western Nevada and throughout the milder parts of Utah, planting is just beginning. If you have the water there, set out peas, onions, root crops, and cabbages now; wait until Memorial Day to plant beans, corn, peppers, and tomatoes. Mulch everything well to conserve water and keep dust down.

Gardeners in the Rockies and colder parts of the intermountain region should wait until Memorial Day to plant seeds outdoors; start them earlier indoors or in coldframes.

Little water, lots of charm

The handsome, weathered-looking form and low water requirement of *Sedum oxypetalum* make it a good choice as a container plant this summer. The one shown at right is just 3 feet tall; some have been reported as tall as 5 feet.

This Mexican native performs best in mild climates; in interior valleys the cold winter nights will cause it to drop its leaves until warmer weather comes. Hard frosts may kill it.

Look for this plant in cactus and succulent nurseries, or order by mail from Abbey Gardens, 176 Toro Canyon Rd., Carpinteria, Calif. 93013; their catalog is $1, minimum order $10.

More rare beans

A color photograph in our March issue (page 208) showed 13 different beans to grow, and gave a source for about 90 kinds—just scratching the surface of the bean world. Wanigan Associates, a non-profit organization, lists and describes 239 kinds of heirloom beans. Only 66 of these are readily available from other sources.

To get any of the 173 remaining varieties, you must join the group for a $5, tax-deductible membership fee. As a member, you get two kinds of bean seeds

Sunset's
GARDEN GUIDE

This sedum *is full grown, but gnarled character shows even on young plants*

ELLS MARUGG

ourning dove in May

at's a male mourning dove taking his n on the two white eggs his mate laid. e pair built their flimsy nest (doves are hazard about that) on the fence ered with 'Mrs. Sam McGredy' roses *unset's* headquarters in Menlo Park. e egg-sitting took place during the dle two weeks in May.

the bluish cast at top of his head? lentifies the male—females are tan e. Also, the females regularly sit on eggs by night, males by day—this tograph was taken at 10 A.M.

urning doves live in almost all of tinental U.S. They show up in dens much more these days—they d to favor only wild and rural places. rs may now spend the whole year in suburbs. Their diet is almost percent seeds.

Sunset's GARDEN GUIDE

of your choice, plus two varieties of their choice that you must renew. At season's end your return packets of renewed seed stock of the two bonus varieties, and get in exchange two more varieties of your choice. For any additional seeds you pay 50 cents a packet. You also get a subscription to their bean newsletter.

To join, send your membership fee to Wanigan Associates, 252 Salem St., Lynnfield, Mass. 01940.

Save water a drop at a time

Since your garden is probably one of the biggest water users on your property, it can also be one of the biggest water wasters. Check your whole outside plumbing system for leaks this month.

Examine the rubber washers in hose couplers, nozzles, and portable sprinklers. Replace damaged ones; they can cause inconspicuous (but wasteful) leaks.

If you have an in-the-ground sprinkler system, walk the ground over the pipes (especially if they're PVC) looking for damp spots that might indicate a bad connection or cracked line. Make sure sprinkler risers and heads are firmly in place; collisions with lawn mowers often break them below ground level. Also cap off any sprinkler heads that spray uncultivated areas.

If you water with a drip or mist system, check all connections to be certain that pressure surges haven't separated their components. Remember that you can buy replacement plugs for unneeded emitters. When tilling, be careful to avoid buried plumbing.

DON NORMAR

Flourishing pots *of tomatoes, strawberries, bush and pole beans were planted in early May. Last of beans were harvested in November*

Patio vegetable garden . . . all in pots

One way to approach container gardening is with fiberglass pots. The average cost of the containers shown at right above was $17, but the owners expect them to last 20 years or more.

Unlike ceramic pots, the tough fiberglass seldom breaks. They're also nonporous, so that water leaves only through drain holes in the bottom; consequently the pots need far less water.

The pots contain a variety of vegetables and flowers. Best producers are bush and pole beans, carrots, dill, strawberries, tomatoes, nasturtiums, and zinnias. Pumpkin and squash sprawl around the patio soaking up heat and sun and showing off big green leaves and bright fruits.

The mix in the pots is equal parts peat moss, garden soil, and well-rotted manure. The owners apply ½ cup of complete, dry fertilizer each month.

They started with two colors of pots—white and dark brown—and quickly discovered that the dark brown pots drew heat, stayed warm longer, and cooled off more slowly; plants in them got up and going earlier in the spring.

Of four different-sized cylindrical pots, the most successful proved to be 9 inches high and 16 inches in diameter. Wide enough to accommodate a variety of plants, they are also deep enough for the plants' roots but not too heavy.

Pumpkin training

Some of the best ideas are often the simplest. The Judge Don Tibbs family of Manti, Utah, found that with a littl help, fast-growing pumpkin vines wi make an attractive vertical display—th same way gourds are trained upward.

They started by planting pumpkin seed around the base of their porch. As seed lings matured, they thinned out the weal ones and trained the strongest up fou porch columns with twine. When th vines reached the top, they were directe along a cross beam.

As pumpkins matured, a few ropes an ribbons were added for additional vin support. Pumpkins were harvested an vines pulled out with the first frosts.

New African violet book

All you need to know about Africa violets and their cousins, the gesneriads can be found in the 80 pages of *How t Grow African Violets* (Lane Publishin Co., Menlo Park, Calif.; $2.45). Al though it holds much new informatio

ınd a list of new varieties, the most strik-ng feature of the new book is nearly a ıundred color photographs.

There is a greatly expanded section on vick culture, including instructions on ıow to make your own wick pots.

All of the recently introduced gesneriads ıre described and sorted out. Until now, nany of them were little understood and naccurately named.

Cage birds out

Many gardeners use netting to keep birds way from strawberries, freshly sown eedbeds, and other delicacies. One way o support the netting is with 10-foot engths of PVC pipe, as shown at right. t not only protects the crop, it also lets ou get at it easily.

You can buy the pipe in diameters from ½ to 1 inch, either thin wall or thick vall. The one shown is ½-inch thin wall, nd costs about 6 cents a foot.

To duplicate this system, pound iron einforcing rods in the ground every 6 eet, settle pipes over them, and bend ipes to the fence. Nail in place.

To get in the enclosure, just lift the net.

Less water, less food, but still a healthy garden

This drought year presents many Western gardeners with some extraordinary challenges: how to use minimal water to sustain permanent plants and how to grow vegetables and flowers to a reasonable harvest.

You're probably already using much less water (for some guidelines, see page 126 of last month's *Sunset*) than in previous years. You may also want to consider feeding your plants less.

Existing landscape plants can almost certainly do without fertilizer this year; on a reduced diet, they'll grow less and thus use less water.

Annual plants or young plants growing in poor soil—as on bulldozer-carved subdivision lots—will need some fertilizer, but they shouldn't get as much as in a normal year.

Overfeeding can also be counter productive in another way this year. Nutrients in fertilizers are commonly in the form of salts, and these salts can concentrate around plant roots.

These salts keep plant roots from absorbing as much water as they would otherwise be able to take in. In practical terms, too much fertilizer salt can cut in half the soil moisture available to a plant.

The price you pay for reduced feeding and watering is a smaller harvest, but you gain the satisfaction of raising a successful garden under the handicap of a serious drought. □

NORMAN A. PLATE

Netting *stretched over bent PVC pipe keeps birds out, leaves plenty of room for you to work in*

MAY CHECK LIST: *There is much that needs doing*

☐ **Annuals.** If you have plenty of water, grow whatever your nurseryman offers. But where water is short, set out celosia, coreopsis, cosmos, hollyhock, petunias, portulaca, rudbeckia, sweet alyssum, verbena, and vinca rosea. Several of these plants can be sown directly in place.

☐ **Bulbs.** Continue to succession-plant gladiolus corms for long summer bloom.

☐ **Compost.** Make compost piles of weeds, prunings, and grass clippings. Keep them moist with gray water (no bleach or borax) and turn them often. If you've considered buying a shredder, this may be the year to do it; shredded compost breaks down faster and can even be used fresh as a water-saving mulch around plants.

☐ **Feeding.** Plants in containers have nutrients continually leached out by watering. The more you water, the more often plants need to be fed. Feed container plants about once a month. For advice on feeding ground plants see above.

☐ **Grooming and pruning.** Prune, shape, or thin flowering shrubs after bloom. Tie up vine streamers so that they don't whip in the wind. Stake delphiniums, gladiolus, and other tall, stalky flowers before they begin to nod. Remove old, withered fronds from ferns when new ones begin to unfurl. Rub out sucker growth on standard-trained shrubs such as fuchsias, roses, and solanum. Trim dead wood you missed during dormant pruning and cut back to healthy wood any plants damaged by frost or fireblight (this disease often affects pyracanthas and pears).

☐ **Plant damagers.** Watch for aphids on new growth of citrus, roses, apple and cherry trees. Spray with soapy water or, if that doesn't work, malathion, nicotine sulfate, or pyrethrum; repeat every two weeks. Rebait for snails, slugs; destroy masses of ⅛-inch white snail eggs as you find them in the top layer of soil. Trap earwigs in rolled-up newspapers and send them out with the trash.

☐ **Propagation.** Instead of planting shrubs and perennials this year, propagate cuttings of existing ones for planting next year. Take 3 to 5-inch cuttings of carnations, dianthus, fuchsias (these should be 2 or 3 inches), geraniums, or marguerites after they have at least 2 inches of new tip growth. Each cutting should have at least two leaf joints. After dipping in a rooting hormone, start in damp coarse sand or peat moss - sand mixture in pots or flats.

☐ **Vegetables.** If you have the water, this is one of the best months to plant summer and fall crops such as beets, carrots, eggplant, melons, onions, peppers, squash, and tomatoes. You can plant many of these from flats, saving the water it would take to start from seed. Plant corn or sunflowers on the windward side of the garden; as they foil wind, evaporation will be reduced in the rest of the garden.

DOUG WILSON

The green drink: *Comfrey leaves (foreground) are blended with fruit juice*

Serve it like spinach . . . or make the "green drink"

Comfrey is an herb that's readily available, yet even people who grow it don't always know what to do with it.

Some hope that it will save the world from hunger. It has about the same percentage of protein as soybeans, and is high in calcium, phosphates, and potash, with some iron and other minerals, too.

It's also highly regarded by many people for medicinal uses. Studies as yet unsubstantiated by scientists suggest that the allantoin contained in comfrey may promote rapid growth of healthy cells, making it a valuable aid in healing.

Side dish, soup, or salad. The fuzzy leaves look so coarse that most people are reluctant to try comfrey, but brief cooking softens the fuzz. Young leaves are tenderest; with mature leaves, remove stems and midribs.

Sauté or steam the leaves just until tender and serve them as a side dish, as you would spinach. Or add them to soup. In flavor, they're a cross between cucumber and broccoli. Dried leaves sold for tea are also good flavoring for stock; strain out hard ribs and stems.

For salads, mince comfrey finely, as you would parsley. The fuzz softens as the dressing is absorbed.

"The green drink." Comfrey is surprisingly good in beverages. Take about 30 small leaves or 6 large ones without ribs whirl them in a blender with 1 quar fruit juice, or a fruit drink such as lem onade or limeade, until smooth. Thi produces "the green drink": It look somewhat like algae, but except for a little mossiness in texture it tastes lik whatever juice you use. Especially wit red or purple juices such as grape o cranberry, it helps if you whirl in a ba nana to smooth texture and soften color

Comfrey is most commonly used as tea Use 1 teaspoon dried comfrey per cup Mix it with mint for a stronger, mor familiar flavor. Many people believe tha the tea helps their asthma.

Comfrey leaves are also excellent feed for poultry and livestock.

Growing comfrey. It takes full sun t partial shade and an average amount o water. Leaves grow all year in coasta Southern California; in most other area they go dormant in winter. For maxi mum production, keep flower stalks cut and mulch each year in spring with ric compost.

Plants and roots are available from her specialists. Or order by mail from Nich ols Garden Nursery, 1190 N. Pacifi Hwy., Albany, Ore. 97321; or Taylor' Garden, 1535 Lone Oak Rd., Vista Calif. 92083 (catalog 25 cents).

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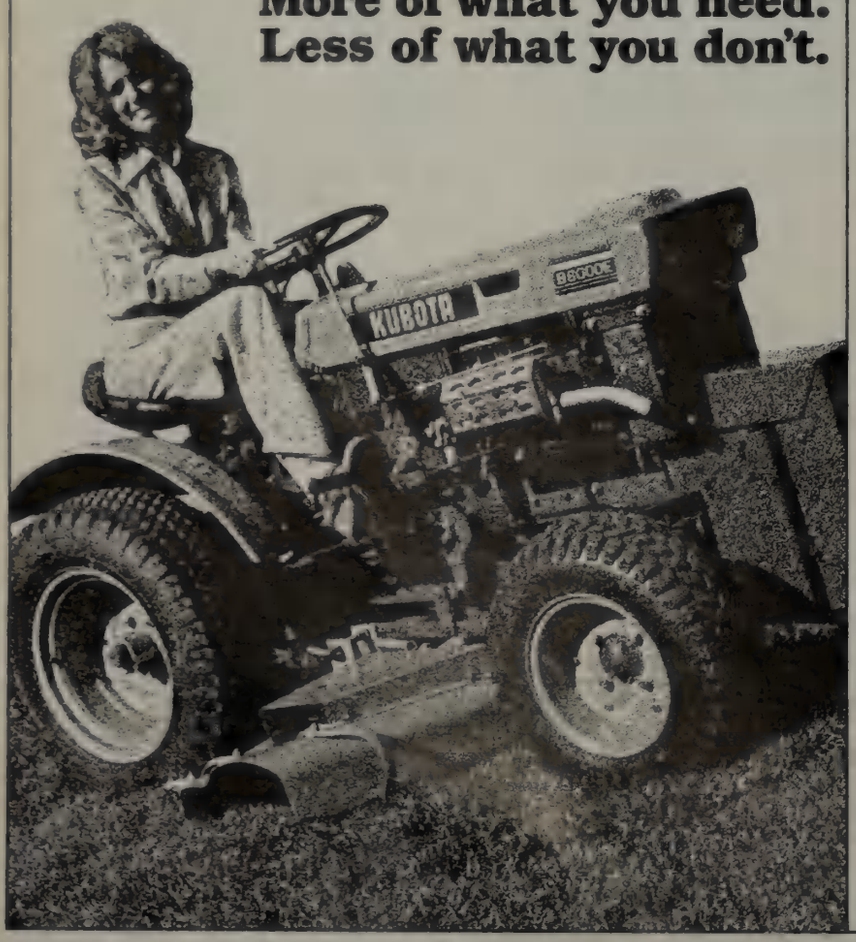
More of what you need.
Less of what you don't.



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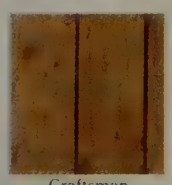
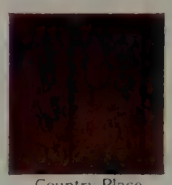
And if you'd like to know more about the paneling, send for our full-color booklet, "All About Wall Paneling." It's filled with decorating hints, and it's yours when you send your name, address and 50¢ to Champion Building Products, Box 61, N.Y., N.Y. 10046.

Centennial 2
Riverview Hickory



Craftsman
Gloaming Hickory



Country Place
Smokey

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What Hidden Valley Ranch® did, to make a fresher, livelier Italian salad dressing, would shock an Italian.

Incredible as it sounds, Hidden Valley Ranch® has a Creamy Italian salad dressing you make without oil and vinegar.

And it tastes just incredible.

Just mix the Hidden Valley Ranch fixin's with mayonnaise and buttermilk and you get a dressing that is thick and creamy with the freshest, liveliest Italian flavor imaginable.

The great taste will put any doubts to rest. And wake up any salad.

Time for the 1977 Garden Contest

We'd like to remind you about the 197 *Sunset* Garden Contest and urge you t get your entries in as soon as possibl As the application states, the earlier w receive your entry form and report, th better chance we have to visit your ga den while it's in its prime and take pic tures for publication.

We especially request early entries fro gardeners in Southern California and th desert. Gardens there tend to peak we before the September deadline for con pleting the contest.

Is water short where you live?

Don't worry if you garden in a commu nity that has placed severe restrictio on your water supply. We are intereste in how you cope with drought, and w expect to award A's for effort this yea along with A's for achievement. Any i formation you can contribute to the a of water saving or water recycling w receive close attention; water conserv tion should remain a lively topic even heavy rains come next winter.

To be more specific, we would like t hear from people who kept records o water use and plant performance. Wha kind of water did you use? If you use gray water, how did you collect, stor and distribute it? What soaps or dete gents were in the water? What amou of water did you use? (Compare wate use figures on this summer's bills wit last summer's, if you can.)

We're anxious to hear from people wh have redesigned their landscaping t conserve water—especially people wh have reduced or eliminated lawn area or other thirsty plantings.

But we are not interested only in wate saving; we want to hear also from th lucky gardeners who have ample wate

What's the competition like?

To get some idea of the quality of las year's winning gardens, turn to page 112 and 113 of last month's *Sunset*. Th photographs there are only a sample representing 6 of the 17 top winner Many more ideas from winning garden will appear in subsequent months, a will stories drawn from gardens that re ceived no award. For an example of th quality of some nonaward gardens, se pages 292 and 293 of the same issue.

To get an entry form and a set of rule send your name and address to 197 Garden Contest, *Sunset Magazin* Menlo Park, Calif. 94025.

Those White-Westinghouse folks hate wasting water as much as Pearl does.

These days the last thing in the world a asher should waste is water. And wasting ater is exactly what front loaders like this m White-Westinghouse don't do.

Honey, they're positively stingy.

This baby uses 34% less water than the ur major top loaders, about 10 gallons less ery wash. Think about that for a while. Why, ere's even a built-in scale so you can set the ater-saver control to the load size, and not use re than you have to. Plus my washer uses % less detergent and 67% less bleach...and n talking about for a big 14-lb. load. You n't see Pearl's money going down the drain.

Sure beats getting agitated.

With my washer, clothes get naturally tumbled, lifted up and dipped in and out of that nice sudsy water at least 52 times a minute. And they get deep rinsed, not just once but an extra time. These clothes come clean—permanent press, knits, synthetics—anything you wash.

They build them like they used to.

To stand up over the years and not give you grief. And White-Westinghouse backs them with their Sure Service wherever you live in the U.S.A. If you want laundry equipment that can save you trouble—not to mention water and money—you listen to Pearl.

White-Westinghouse

We still build them like we used to.

One of the White Consolidated Industries. WCI

Crazy-quilt paving

Using worn or broken bricks if you can find them, or even artificially "worn" bricks

The crazy-quilt style of brickwork was once a way of economizing by using worn, reclaimed, and broken bricks. But the effect is so attractive that the demand is making bargains in genuinely old bricks harder to find, and has even created a market for artificially "aged" ones.

The search for either is worth it. Irregularly colored, shaped, and worn used bricks can be arranged into casual curving patterns more easily than sharp-edged new ones. You can just lay them higgledy-piggledy and get a pleasant effect; with more thought and care, you can make striking designs like those pictured here and on page 91 of the March 1977 *Sunset*.

Prepare the base as you would for conventional brickwork, using soil as in the large picture, mortar as in the center pictures, or sand as at far right.

Here's some advice from Bob Clay, whose work at Rancho Soledad Nursery in San Diego is shown in the two center photographs: "Take time to experiment with different designs on paper before you begin. Most amateurs try to mix too many different patterns. Choose a few simple ones and stick to them, making only minor variations to fit the contours of the land and bricks on hand.

"Use chips to fill irregular gaps in and around curves—they contrast less than mortar or sand would and can contribute to the design. If you fill spaces between bricks with sand or dry mortar mix, sweep it out to about ¼ inch below the top of the bricks. This leaves the surface rougher, but emphasizes the pattern.

"Start work in the least conspicuous area. Your best work will develop with practice, and you'll want that in the most prominent places."

The path at far right is the third brick project for Mrs. Joy Gaskill of Santa Rosa, California. She says, "Bricks laid on sand stay smoother if you place them very close together, yet they still allow air and water to percolate through to tree roots underneath. Also, you can do the work without help and stop safely for household interruptions.

"If you water the sand before starting an area, standing water will show low spots that need to be raised. Check to make sure gates or doors will clear paving. Lay bricks a little higher than any edging you use to allow for settling, and grade the slope so that water will be able to drain away from buildings and permanent plants.

"I used a level on a 2 by 2 across benderboard edges to align straight, flat rows and to smooth curves. A rock hammer helps knock bricks into place and pick off old mortar."

If you have the time and knack for scrounging, you can still save money by using broken or old pieces. In most areas, however, the recycled look is so popular that genuine old bricks cost about 10 cents extra apiece (around $1.50 per square foot as opposed to 50 to 80 cents). However, for about the same price as regular new bricks, you can buy manufactured "used" ones—perfect pieces and seconds put in a tumbler and sometimes splattered with paint. You can further "age" these by rubbing sharp edges against concrete.

Some building supply yards also sell brick chips like the ones used in the San Diego walks. These cost about $2.25 a cubic foot. □

Chunks of brick *sunk in dirt flow in easy curves through garden, following the contour of the land.*

DARROW M. WATT

Among plants *in San Diego nursery, parallel rows laid lengthwise in mortar curl around corners (above) or into swirls (below). Chips and bigger pieces fill in gaps*

Starting out: *Joy Gaskill uses rock hammer to tap one of 4,000 bricks into a sand bed. Other aids include benderboard edging, 2 by 2, and level. A summer's work later (below): The effect is casual, but rows are impeccably straight and fan neatly into curves at gate*

NORMAN A. PLATE

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insulspray®

For the inquisitive gardener one starting point is learning to tell apart the monocots and dicots

He's holding *one of the paired cotyledons (seed leaves) of a sweet pepper. Single, grasslike cotyledons (rear) belong to onions*

STEVE W. MARLE

Puttering made easy.

Fix engines

You are the Great American Putterer, and VISE-GRIP® locking pliers were made for you. They make spring fix-it jobs easier because VISE-GRIP is almost as versatile as your own hand. They're practical too, because they're a locking pliers, pipewrench, clamp, and more.

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Available at hardware, discount, department and auto stores.

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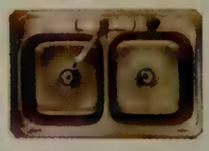

Assemble outdoor furniture

If you own only three hand tools, one of them should be a VISE-GRIP locking pliers.

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Most home gardeners get along wel with little botanic knowledge. But i you are the kind who finds it more fu to know, take advantage of seed sprout ing time to learn the basic characteristi that divides flowering plants into tw great classes—the monocotyledon (mon-o-*cot*-uh-*leed*-ons), whose seed lings have a single seed leaf (cotyledon and the dicotyledons, whose seedling have two leaves.

Knowing the difference is the first ste in learning how to classify and identif plants. It also has practical value i helping you distinguish weed seedling from desirable seedlings. Although ther are many monocotyledons, very fe kinds are raised from seed in vegetabl or flower gardens. The most widel grown are the grasses (including th cereal grains), but these are planted i fields or lawns.

The relatively few monocots that ar planted in gardens are the onions an their relatives the leeks and chives (Asparagus is also a monocot, but it i not often grown from seed.) Conse quently, if grasslike seedlings with single seed leaf appear where you hav planted onions, they most likely ar onions; don't pull them as grasses.

All common flowers and vegetable grown from seed should have paire cotyledons, which may be frail an threadlike (as in carrots) or broad an fat (as in lima beans). If grasslike seed lings with single cotyledons appear, pu them; they are grasses.

Plant breeders and hobbyists raise man monocotyledonous plants from seed, bu they know what their seedlings shoul look like. Palms, lilies, iris, most bulb and all bromeliads and orchids ar among the monocots seldom grow from seed except by commercial grow ers or specialists.

Give your guests our best.

When you have guests over, you want to bring out your best...like Sun Giant® Almonds. They're always crisp and crunchy and delicious. When you serve Sun Giant Almonds, you give your guests the best by serving our best.

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We put a lot into being no.1

Millions of thriving plants have made Supersoil the number one potting mix of the West. That's because we put our best, and Mother Nature's too, into every bag. And that includes . . .

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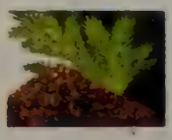
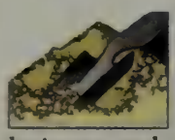
Fir bark. Specially processed white and douglas fir barks — for their inherent resistance to decomposition, low levels of tannic acid, and organic growing qualities.



Redwood. For its extraordinary durability and resistance to weathering. (Note: only sawmill residual is used.



Sand. Pure horticultural sand, silt-free and granite-based — for necessary drainage and weight to anchor plant roots.

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Pressurized steam. From live boilers — for unique sterilization against soilborne pests and diseases.

So there is our formula for success, thriving success. Why not share it with your spring seeds and plants. Look for Supersoil at your nursery, supermarket or garden supply store!

Supersoil®
potting mix

"Favorite potting mix of Western gardeners . . . and their plants!"

© Rod McLellan Co., 1977

STEVE W. MARLEY

Hose guide: *2 by 6 with 1½-inch hole threads hose on and off the take-up reel*

This hose reel works better

Reeling in a heavy hose can be like trying to land a marlin, with you wrestling a line of stubborn rubber. But threading it through a post like the 2 by 6 shown above will raise and align the hose so the reel spins freely. You can even pull at an angle, and the hose won't flop over the edge of the reel or strain against it. Below, 2-foot lengths of heavy-duty PVC pipe sunk into the ground at path corners keep the hose from entangling in shrubs and protect more delicate plants from any battering. PVC caps finish the sawn-off ends.

Hose guards: *PVC pipe protects corner plantings of hen-and-chicks and cosmos*

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Offer good for a limited time only at participating dealers all over the West.

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SUNS

d-time *dusty miller is a 2 to 3-foot shrubby perennial with woolly-white ves, yellow flowers. Trim occasionally to keep compact, prevent woodiness*

PETER O. WHITELEY

Fernlike *whitish leaves give gonospermum its distinctive character*

Blue fescue *grows 12 to 15 inches high on a bank partly shaded in morning but sunny all afternoon*

Grays are restful and sometimes even luminous

MORLEY BAER

ery and fine-leafed, *cushion bush rates wind, salt air, ocean spray*

Gray-foliaged plants are for gardeners who like quiet, subtle colors and who consider leaves as important as flowers. Grays are restful, sometimes even luminous (especially at night and on misty or overcast days), and are refreshing with vivid or pastel-flowered plants.

The soft, woolly hairs (called *tomentum*) that cover leaves and stems of most gray plants protect them from heat, drought, and wind; a few take salt air and ocean spray in their stride. They generally need less water than commoner green-foliaged plants; grow in ordinary, fast-draining soil; and have few if any pests. Of the four gray plants seen here, all but cushion bush (left) are hardy except in coldest California and Arizona.

Cushion bush (*Calocephalus brownii*) thrives in the mild, frostless fog belt along the central and Southern California coast. It's a stunning bank cover in full sun or light shade. Soggy, cold soil is its worst enemy. Cut out deadwood as soon as it appears on older plants.

Blue fescue (*Festuca ovina* 'Glauca') makes a solid ground cover from divisions or small nursery plants set 6 to 9 inches apart. For an informal feeling, space plants at least 18 inches apart.

Gonospermum (*G. canariense*), least known of the gray plants shown here, is hard to find but worth the search. Shrublike, upright, 2 to 2½-foot stems are covered with elegantly patterned whitish leaves. Use gonospermum in borders or large containers.

Dusty miller (*Senecio cineraria*) is the granddaddy of gray-leafed plants. It's a reliable, easy-to-grow, shrubby perennial for mixed borders or medium-height hedges. □

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All you need is a large container full of good potting soil, an assortment of blooming plants, and a little gardening know-how; within minutes, you'll have a giant mixed bouquet. It's the perfect answer for brightening up that empty spot on your patio or deck, or in your garden.

Sunset's newly revised *Gardening in Containers* shows how you can easily create these colorful "instant" gardens. In full color photographs, it pictures dozens of ways to use container plants—everything from landscaping a city rooftop to vegetable gardening on a suburban patio. A how-to section suggests a variety of suitable containers and summarizes basic gardening techniques. The height, season, best location, and growing requirements for more than 200 different plants are listed in a handy plant selection guide.

For more ideas and information on special garden effects, try Sunset's *Hanging Gardens* and *Plant Containers You Can Make.* They're all available at bookstores, nurseries and supermarkets everywhere.

Sunset Books **$2.45 each**

Menlo Park, California 94025

DARROW M. WATT

Plastic on plastic: *4-mil polyethylene over PVC-pipe frame protects potted plants. Front rolls up to let out excess heat*

One-inch conduit nails *anchor pipe frame to wooden headers in patio floor*

Greenhouse frame, water wand, bird proofer... all with PVC pipe

Some gardeners have a knack for usir manufactured materials in new way PVC (polyvinyl chloride) pipe, for e ample, has a versatility far beyond i intended uses. You can buy it at plum ing firms and stores that sell sprinkl equipment.

The PVC greenhouse shown above w designed and built by Wayne and Flo ence Johnson of Danville, Californi Inside are cymbidiums, fuchsias, hibi cus, and other flowering plants that be efit from winter protection. Some a frost tender; others just become tatter

The dandelion is one of nature's prettiest villains. It's not only good to eat, there was a time when people took it as medicine.

But here in Marysville, Ohio where we have our main grass research farms, it's just another weed.

In fact, it's a bully. It pushes the good grass out of the way and takes the food in the soil for itself. This is one weed that doesn't die every year. It's a tough perennial with roots that go down as far as two feet.

And that pretty yellow blossom turns into a white puffball full of seeds that the wind carries all over your lawn.

You can't stop dandelions from coming in, the way you can with crabgrass.

You have to get this pest to get rid of it. But it's easy to lick.

Leave one bit of its root and the dandelion will be back.

We'll get these dandelions out of your lawn and that's a promise.

And don't make it hard on yourself by trying to dig it out. Leave one bit of that root and back she'll come.

But just spend 30 minutes with your spreader and our Turf Builder® Plus 2.® Your dandelion population (and a lot of other actively growing weeds) will be on the way out in a matter of days. That's our promise.

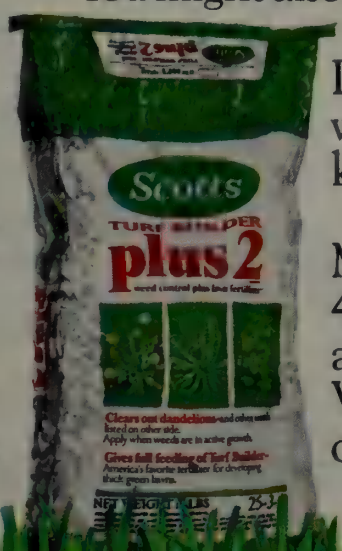
And the Turf Builder in this is our own slow-release fertilizer. It will also feed your lawn for up to two months.

In fact, if you spend 30 minutes with our straight Turf Builder every couple of months — your grass will be so thick there just won't be much room for weeds. Good thick turf helps crowd weeds out. That's just survival of the fittest.

We sell Turf Builder Plus 2 with the plainest guarantee we can think of. "If for any reason you are not satisfied with results after using this product, you are entitled to get your money back. Simply send us evidence of purchase and we will mail you a refund check promptly."

You might also like to get our quarterly, Lawn Care.® It's free and it's filled with good things to know about grass.

Just write us here in Marysville, Ohio 43040. You don't need a street address. We've been here for over 100 years.



MONROVIA NURSERY CO. ASKS
Have you seen this sign?

Check your local nursery . . . see if it displays this sign prominently. It's your clue that it sells top quality container grown plants wearing this label.

Remember, you have no worries about when to plant with container grown plants. These plants can be planted in your landscape any time of the year.

Look for the new and unusual plants at your local nursery. They always wear our *Distinctively Better* label.

AVAILABLE AT LEADING NURSERIES

and browned by winter wind or rain. The greenhouse also holds enough heat to help seeds of winter and early-spring crops germinate faster and more evenly. Three 150-watt bulbs turned on at night keep the inside temperature above freezing, even when nights drop to the low 20s. On warm days, the front of the greenhouse is rolled up to let excess heat escape.

The front support legs are 6 inches taller than the back ones, so rain will run off instead of puddling on top; this also makes it easier to move the plants in and out. The plastic is secured to the pipe with electrician's tape. Top and bottom frames are glued together, but the support legs can be removed to let the structure fold almost flat when not in use.

STEVE W. MARLEY

Ten-foot wand *of heavy-duty PVC pipe delivers a slow stream of water anywhere in the border*

The water wand shown above is the idea of Mr. and Mrs. George Danis of Santa Rosa, California. Irrigation furrows in the vegetable and flower border help distribute water from the wand throughout the bed, so that neither plants nor neighbors get swamped. For a few dollars at most plumbing supply stores, you can buy a 10-foot length of PVC pipe and a threaded coupling to screw it to a hose.

The wand recycles water from a water-cooled air conditioner—3 gallons per minute whenever the conditioner is running. Instead of hooking the conditioner's drain pipe to the sewer line, Mr. Danis connected it to an outdoor faucet that is usually left open—but in case it clogs or needs to be shut off, he inserted a T above the faucet that can divert the water to the sewer. This way water can't back up into the air conditioner.

You can also use PVC pipe to support netting over small fruit trees, berries, or young seedlings for protection from birds. Or use them for vegetable trellises. One gardener bent flexible plastic pipe into arches across beds 3½ feet wide; pipe ends are buried in soil and pipe stringers (same length as beds) are lashed to each arch to hold the frame rigid.

NOBODY BUILDS A DISHWASHER LIKE WASTE KING

best of everything. That's what you get with Waste King. nodern masterpiece in stainless steel, for those who want etter product, advanced features, long-lasting service.

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That's why we can guarantee all stainless steel parts for 20 years against failure due to corrosion.

ad it the easy, random way

re are no special instructions to follow when loading a te King dishwasher. Both kets pull out all the way easy accessibility. Both a mixed load of dishes utensils. Bowls can go on of other dishes. Removable ters in the upper basket ide space for oversize ing dishes, utensils.

ee-way washing action

t-moving jets of hot, detergent-activated water from two nter-rotating wash arms reach every corner of the steel . This two-level, full-width cleansing system not only ns completely, it permits random loading ach basket. The lower arm sends water up through the lower basket. The upper arm jets water up through the upper basket, as well as down through the dishes below it.

(SS777 has single arm only)

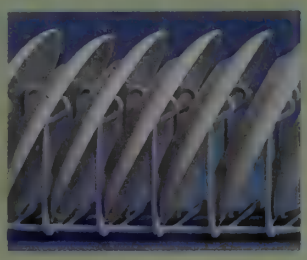
perscrub and Sani-heat

Superscrub cycle extends wash time to get gh jobs like roasters really clean. Sani-heat, 65-degree final rinse sterilizes thoroughly. A nt heater provides humidity-free drying.

ol Panel for SS911.

Waste King pampers the load

Waste King's big baskets provide space for almost every size and shape. The huge-capacity tank can truly hold and wash a day's dishes for a family of five. There's no need to worry about breakage. Plates are spaced by cushioned loops to prevent chipping; M-shaped supports make secure cradles for the most fragile stemware. Flatware baskets have lidded sections to hold small items.



Insulation cuts down noise

Waste King dishwashers are ultra-quiet in operation, thanks to Hush-coat, a dense acoustical material that deadens sound at the source. In addition to hush-coating, the top, sides, back and door are wrapped with a thick blanket of fiberglass.

Disposo-drain ends pre-rinsing

No scraping. No pre-rinsing. Just flick off bones and large food pieces. Waste King's efficient Disposo-drain will flush away soft waste such as corn, spaghetti, potatoes, spinach. There's no screen to clean or to trap tiny food particles.

The Rinse-and-Hold cycle is a quick rinse to remove surface soil from dishes to be held for a full washing cycle later on.

We build it. We back it with a super-warranty

For more than 30 years, we have been building dishwashers to rigid standards of performance, quality and craftsmanship. We back them with a **super-warranty that's the strongest in the industry.** Waste King dishwashers are not only a great investment in daily satisfaction, but also a marvelous way to make life in the kitchen easier, simpler and more beautiful.

SUPER WARRANTY

Shown: Model SS911
Two portable models (convertible) also available

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Stainless Steel Dishwashers

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For further information and complete warranty details, see your dealer, or write Waste King, Dept. C, 5119 District Blvd., Los Angeles, Ca. 90040.

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Winning style at a comfortable price

$12.97

$14.97

Winning style doesn't have to cost a lot of money. Trax shoes score big on style, comfort and value because we put a lot of padding in the shoe, but none in the price. Like our tan suede athletic oxford for men—strictly a winner! With solid-comfort features like padded tongue and collar . . . durable rubber sole and full-cushion insole with arch. Get the same winning features in our vinyl athletic shoe with a suede tip and green stripe in men's and big boys' (2½–6) sizes. Trax shoes are fancy footwork at a plain price. Additional Trax styles are also available in men's, women's, boys' and youth's sizes at K mart for under $15.00.

Kmart

The Saving Place

© S. Kresge Company SK Troy, Michigan 48084

Midget cantaloupes *and cucumbers have roots in 14-inch-deep redwood box; their vines climb up the trellis*

Unlikely story . . . container melons

It's an old axiom that melon vines gob ble up space in the home garden. Bu Donna and John Hunter of Rohne Park, California, seem to have broke tradition by successfully growing melon in containers.

The Hunters grow a variety of fruit vegetables, and ornamental plants o their protected balcony. For th melons, they built the large redwood bo (14 by 14 by 46 inches) shown abov and planted two 'Minnesota Midge cantaloupes along with two 'Patio Pil cucumbers.

Both vines were trained up a galvanize welded-wide screen (2 by 4-inch mesl attached to the sides and back of th box. Stems that reached beyond the foot-high wire were pinched back t force side growth. (This tip pinching ca also aid in fruit production.)

Soil for the container was a blend equal parts commercial potting mix an packaged garden compost—a combin tion that provides moisture retentio and quick drainage.

A timed-release complete fertiliz mixed into the soil at the beginning the growing season carried the plan along. In addition, the Hunters gave th plants occasional feedings with a veg table fertilizer.

As you see at right above, the developi fruits are suspended from the wire trell in stretchy nylon-stocking slings th

NORMAN A. PLATE

ycled stocking *supports heavy melon, ands as fruit matures. Sling is to welded-wire trellis*

d them up to the light and allow the and air through.

ter-saving notes. With container-wn melons, irrigation is very specific; water is wasted on peripheral soil as. Use saucers or other catch-basin ices to hold drainage water, then put back in the soil. Potted plants out-rs, unlike their indoor relatives, can in water without damage. Runoff is osorbed by plants or it evaporates, ing to air moisture around the plant.

all the containers they've used, the nters found that the redwood box vided the best moisture retention. ge, plastic 5-gallon buckets with es for drainage seemed a good idea, they had two faults: Insulation was rer and water ran right through.

nulch covering the soil in the con-er also helps conserve moisture. And hort-season or cool climates, a mulch lat stones will store heat during the and increase temperatures around vines at night.

other advantage to container-grown os is that they're portable. Heat-rs such as melons can be placed in as of maximum warmth. Also, weed-is no problem since most packaged mixes contain no weed seed.

eral seed suppliers now offer a num-of miniature melon varieties espe-y suitable to container culture. Seed hort-vining varieties of cantaloupe watermelon are sold at nurseries or en stores, or you can get them from -order seed companies. New this are bush-type varieties, good candi-s for large wooden tubs: 'Sugar h' watermelon from W. Atlee Burpee (6350 Rutland Ave., Riverside, f. 92502) and 'Short 'N Sweet' can-ipe from Geo. W. Park Seed Co. 31, Greenwood, S.C. 29647). □

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Kmart

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presented by the better carpet retailers listed on the opposite page

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Once in the Spring...once in the Fall Berven salutes quality-dedicated retailers with the opportunity to feature a selection of our choicest floor fabrics in a most unusual "better carpet" sale. The time is short. Stocks are limited. So don't hesitate. Your savings on one of America's top quality lines could easily reach several hundred dollars! Today is right to check your nearest retailer listed across the page for the start of his sale time. Happy shopping!

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Carpet Center, 1799 University Ave.
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Western Contract Furnishers, Valley Hills Ctr.
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Chico Carpet & Interiors, 1750 Esplanade
ONCORD
Pacific Coast Carpet & Design, Inc., 2151-A Market St.
ORCORAN
Hammond's Home Furnishings, 1117 Whitley
ANVILLE
Carpet Crafts, 438 Diablo Rd.
NUBA
Brandon Rug & Interiors, 595 W. El Monte
UBLIN
Carpets 'N Colors, 7232 Regional St.
. CERRITO
Travalini Furniture, 10065 San Pablo Ave.
UREKA
Eureka Floor Company, 2385 Myrtle Ave.
EMONT
Conklin Bros. of California, Inc., 40760 Fremont Blvd.
ESNO
Jerry's Carpets, 3035 E. Ashlan
Rug Company, 539 G St.
Kerr Rug Company, 4535 N. Blackstone
ANFORD
Cadwell's Carpet & Linoleum, 111 S. Douty St.
AYWARD
Conklin Bros. of California, Inc., 21732 Foothill Blvd.
OLLISTER
Black-Cooper Furniture, Inc., 648 San Benito
NGSBURG
Merit Window Fashions, 1585 Draper
FAYETTE
Franklin Floors, 3430 Mt. Diablo Blvd.
VE OAK
Dowd Interiors, 10165 Live Oak Blvd.
VERMORE
Carpets 'N Colors, 1776 First St.
S ALTOS
Walther's Floor Covering, 5084 El Camino
S GATOS
El Gato Carpets, 61 Victory Lane
ARIPOSA
Mariposa Floor Covering, 5004 - 8th St.
ENLO PARK
Rex Floorcoverings, 844 Santa Cruz Ave.
ERCED
Kerr Rug Company, 745 W. 17th St.
Miller's Manor, 1359 W. 17th St.
ILLBRAE
Millbrae Furniture, 1781 El Camino
ODESTO
Aristocrat Interiors, 1222 - 10th St.
Carpetime of Modesto, 1037 Oakdale Rd.
. S. West Company, 820 H St.
ONTEREY
Miller Floors, 571 Franklin
Rudolph's, 801 Lighthouse
OSS BEACH
Square Yard Carpets, California & Cabrillo Hwy
PA
Vintage Flooring, 3031 California Blvd.
KLAND
California Furniture Company, 1728 San Pablo
Conklin Bros. of California, Inc., 2701 Telegraph Ave.
Western Contract Furnishers, 4400 Broadway

CALIFORNIA (Continued)

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PARADISE
Dick's Floor Covering, 5833 Skyway
PLEASANTON
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Thompson Floor Covering, 591 W. Olive
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SACRAMENTO
McCarthy & Cunningham, Inc., 5824 Franklin Blvd.
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Reed's Carpets, Inc. 12333 Saratoga/Sunnyvale Rd.
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Plaza Furniture Company, 647 El Camino
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TURLOCK
Carpetime of Turlock, 123 - 4th St.
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Myers Floor Covering, 510 So. State St.
VALLEJO
Robert Reno Floor Covering, 1701 Broadway
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Kerr Rug Company, 120 W. Center St.

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Watsonville Rug, 200 Prospect
WOODLAND
Chris Campos Interiors, 667 Main St.

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BURLINGTON
Esch Lumber Company, 593 - 14th Street
COLORADO SPRINGS
Patterson's Floor Covering, 2922 North Prospect
Sorensen's Carpets, Inc., 103 North Circle Drive
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Broadway Furniture Co., Inc., 120 Broadway
Dale's Drapery, 7018 East Colfax Avenue
Don Felson, Inc., 1620 Blake Street
DURANGO
Durango Furniture, Inc., 860 Main
FORT COLLINS
Carpet Mart, 821 East Mulberry
GRAND JUNCTION
Capps, 559 Main Street
GREELEY
Rumar Carpets, 6065 West 10th
INGLEWOOD
Standard Paint & Interiors, 8921 East Union
LAKEWOOD
Davis Interiors, 2440 Kipling
LONGMONT
Country Carpets, 478 - 17th Avenue
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ZEPHYR COVE
Dayton's Floors, Round Hill Village

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If you love to discover new ideas —exotic new plants, new container ideas, tips for bigger crops in your vegetable garden, explosive color displays, challenging projects with great rewards—you'll want every issue of *Joy of Gardening.*

Joy #1 was issued last spring. It was a genuine hit with gardeners all across the country; so we've published *two* issues this year.

Joy #2 came out early in January '77, and again, it was received enthusiastically.

Now Joy #3 is on the newsstands. Among its many fresh discoveries: 17 impatiens, Chinese chives, brodiaeas (they need little water), shamrock peas, gourmet cucumbers. It tells you how to grow herbs in a greenhouse, how to garden under lights, how to grow a pear in a bottle, how to store and preserve surplus food. And for back yard farmers, it even offers full guides to beekeeping and raising chickens.

You can pick up a copy of Joy #3 at any newsstand now. If you prefer, send your check—$2.50 ($1.75 plus 75¢ for postage and handling) for *each* edition. *California residents add 11¢ tax* for each issue. Mail to: Joy of Gardening, Lane Publishing Co., 80 Willow Road, Menlo Park, California 94025.

DARROW M. WAT

For bigger display, *place one bouquet half overlapping the other; secure with wire*

To make the bow, *loop ribbon so shiny side faces out. Twist wire around center, then around bouquet stems*

A few blooms look like more

For any festive occasion that require flowers to give or carry, here's a way t make just a few blooms look like more The bridesmaid's bouquet being mad here is a simple spray of candytuf carnations, daffodils, daisies, freesia and fern—made fancier with a giar bow. It cost about $5.50 and took abou ½ hour.

You can do most of the work a da ahead. Divide the flowers into two sma bouquets, secure the stems with wir then wire the halves together—placin one so it overlaps the other for a longe fuller-looking spray. Keep the bouqu in a pail of water. Also make the bow shown above.

An hour or so before the festivities, cu the bouquet stems, and wrap with ribbo the same color as the bow; tie off ribbo end. (The bouquet shown was wrappe with 3-inch-wide ribbon; for a neate tighter look, use inch-wide ribbon.) Fi ally, add the bow. Allow 4 yards of ri bon for bow and streamers, ½ ya for wrap.

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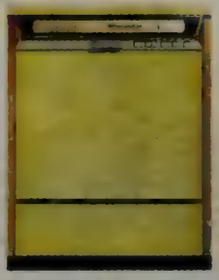

And speaking of pot cleaning, that's where the KitchenAid Superba really shines. Its pot cleaning cycle—Soak 'n Scrub™—soaks pots, then scrubs the loosened food soil away with powerful streams of water. A built-in Soft Waste Disposer means you don't have to pre-rinse.

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MAN A. PLATE

en pairs *of branches grow horizontally on this year-old apple espalier. It fits neatly into narrow side yard*

Fall harvest *of 'Golden Delicious' apples. Thinning, shown below, gets credit for their size*

Espaliered apple...now is the training season

the life of an espaliered apple, May June are all-important months. ether you planted one years ago or this past winter, this is when you do e major shaping. And, as with apple s grown conventionally, it's also the e to thin out fruit so they'll be big well formed.

30-foot-wide 'Golden Delicious' see above is the result of 16 years of ning by the Sydney Covells in the side yard of their Hillsborough, California, garden. It reached nearly its present size in 10 years, began to produce a sizable crop at the age of 5.

If you're starting out with a young apple tree, here's how to train it to look like the Covells' apple: First of all, keep in mind that apples bear fruit on short, 2 to 4-inch stubby branches called spurs—don't prune them off. Spurs produce for as long as 20 years, so a formal pattern like this which encourages spur formation is well suited for apples and pears on standard rootstocks.

The first winter after planting, cut the main stem to force growth from several buds below the cut. In spring, when side shoots begin to grow, choose two as nearly opposite to one another as possible (and about 12 inches off the ground) to be the lowest pair of horizontal scaffold branches. Cut away any other sprouts except one strong vertical one to replace the one you cut off. Each year repeat this process of cutting back the leader and training side branches until you have the number of scaffold branches you want.

During the first (and all succeeding) growing seasons, vigorous shoots will start to grow upward off the main lateral branches you've selected to be your framework. Snipping these back will preserve form, but more important, it will also force the formation of fruit spurs. Pinch back all shoots just beyond the third leaf three or four times during the summer.

At the same time you're pinching back vertical shoots, keep scaffold branches growing laterally by tying them to a support. This apple grows on a trellis of telephone wire anchored with angle irons. About every 12 inches, the scaffold branches are fastened on with stretchy nursery tape. □

p *in summer to keep branches in line, leave enough foliage to shade fruit*

Thin *each cluster by removing all but two apples—when they're this size*

You don't have to sell your house to make a profit on it.

With a Crocker Home Equity Loan you can take advantage of the increased value of your home without selling your home.

Like Joseph Holtz and his wife, you can take some of the equity out of your house and put it to work for you.

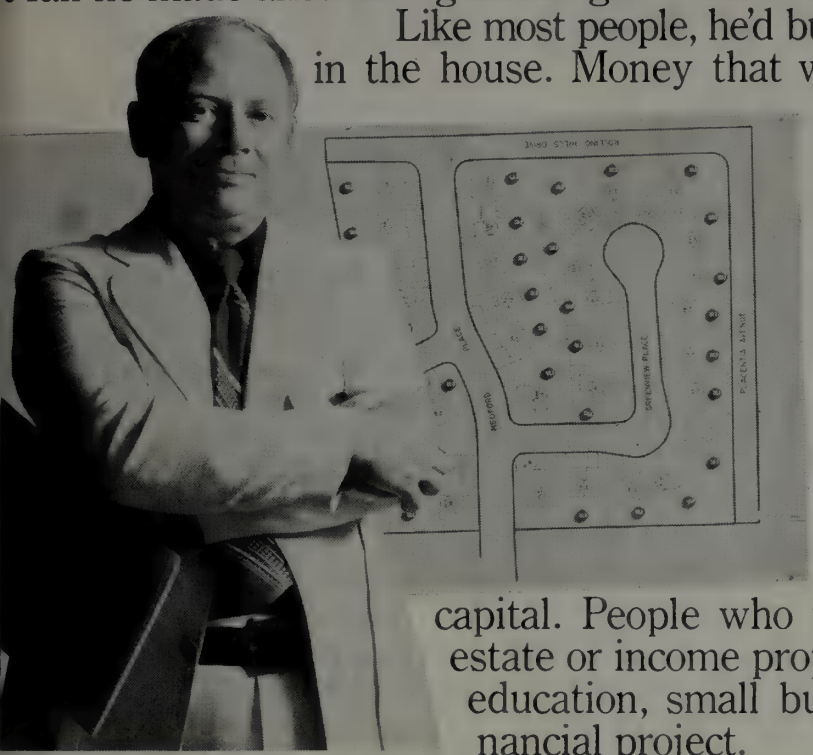
Joe bought his Orange County house thirteen years ago. If you'd told him then that it would triple in value by 1976, he'd never have believed you.

He'd also never have believed that he'd quit a secure job as an electrical engineer rather than relocate and face a lon freeway commute.

But, like a lot of us, Joe Holtz has changed his min about a lot of things the last few years.

For one thing, after seventeen years with the sam aviation firm, he quit. That was three years ago. And, wit two sons in college and three ready to start, it was a prett daring thing to do.

He went into real estate, got his broker's license, and has been doing pretty well. t fall he made another big move: got a Home Equity Loan from Crocker.



Like most people, he'd built up a tremendous amount of equity in the house. Money that was there, but not working for him. So he shopped around for the best way to take advantage of that equity.

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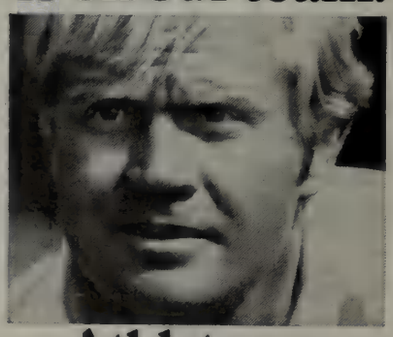

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Water-saving gardens to visit

The drought may not let you plant a thing this spring except a few of the le thirsty annuals and vegetables. But y can plan now for any landscape plant you're going to do next fall and wint

If you'd like suggestions for suita ground covers, shrubs, trees, and vin we'd suggest visiting two gardens t demonstrate what can be done w drought-tolerant plants. At least fo more water-saving demonstration g dens are also in the works now in nor ern California.

First, the two that exist:

Marin Civic Center Garden, U.S. Hi way 101 just north of San Rafael. Sp sored by Marin County and Ma Municipal Water District, it's open 8 5 weekdays. Guidebooks are availa in the garden; tours can be arranged calling Mr. Loy Cornett, (415) 4 1100, ext. 2363.

Woodside Library Garden, 3140 Wo side road, Woodside. A 7-year-old tive plant project of the Woodsi Atherton Garden Club, it's open noon 9 Monday through Thursday, noon t Friday, noon to 4 Saturday, or by pointment with Mrs. Peter Gallagh (415) 854-2821.

The four that are in the works:

Menlo Park. In the main garden *Sunset's* south building (corner of W low and Middlefield roads), we plan the following months to plant gar display beds with the 12 most droug tolerant bedding plants. They will cared for in at least three ways: water, water by drip irrigation, and w ter by hand. Water meters in the b will show how much water is consum

Orinda. *Sunset Magazine*, the East E Municipal Utility District, and Acala Union High School District will deve a 24-acre site into several water-u demonstration areas. Construction sta this summer, planting in the fall.

Sacramento. This is a joint project the State Department of Water R sources and the Office of Appropri Technology. The garden opens t month at 17th and N streets near t Capitol grounds. Landscaping and co struction will continue for seve months.

San Jose area. Santa Clara Valley Wa District plans to have at least two d ferent garden sites in the next ye Work begins this month.

If you go for the first deal you get on a property improvement loan, you may be in for a surprise.

Let's face it, when you're thinking about putting in a pool or remodeling the kitchen, or any other project, you don't jump at the first bid you get. You shop around. And that's smart.

But don't stop there. You should be just as smart about getting the financing you'll need to have that work done.

And we can help. A two or three minute phone call to any one of our consumer loan specialists can tell you what the true cost of your loan should be. We can show you what to look for in a property improvement loan, and what your various options are. What's more, in many instances we can actually save you hundreds of dollars.

The fact is, not all loans are the same. And that's why it's smart to shop around and make sure you get the best loan you can. You deserve that.

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Fine screen *in drain intercepts solids that would clog the gray water system or clog your soil*

DARROW M. WATT

Open the valve *in drain line to let gray water into holding tank; close it to divert harmful or excess water to sewer or septic tank*

Old barrel *catches water diverted from washing machine. Hose coming out bottom leads to downhill garden; submersible pump lifts water to rose garden uphill*

Gray water put to work in your garden?

If you use illegal gray water in your garden you should know the levels of hazard

It's illegal, unsafe, our only hope. These conflicting attitudes about the garden use of "gray water"—nontoilet household waste water—understandably are confusing.

Gray-water use is in fact illegal, and health officials consider it "a step backward in community sanitation." But some harried water officials are urging more tolerant attitudes. And an increasing number of drought-threatened gardeners are using gray water with apparent success (and some reluctant, temporary official assent).

What are the real effects of gray water? Serious research is only beginning. But *Sunset's* discussions with a wide range of authorities have uncovered bits of consensus amid disagreement and confusion. Here are things to keep in mind if you're using or planning to use gray water.

What you may find in the water

"Gray" water can be quite clean or really gray—soapy, mucky, a potential hazard. Much depends on its immediate source. There are things to guard against:

Sodium from water softeners, detergents, or other cleaning products can clog your soil, slowing water penetration, and affect such acid-loving plants as camellias, azaleas, rhododendrons, strawberries, and citrus (and possibly your lawn). Mo your hoses around to avoid concentrations, alternate fre with gray water to cleanse the soil, and break up the soil a spade in gypsum or apply calcium polysulfide (a liquid fo of gypsum) to counteract the effects of the sodium.

Chlorine in bleaches and *boron* in cleaners and strong det gents can harm your plants. Product names sometimes in cate boron content. (*Phosphates* from detergents probal aren't harmful in reasonable amounts; some authorities s they even help fertilize.)

Suspended solids—soapy films, food particles, grease, ha and the like—can foul your gray-water dispersal system, cl the soil, and attract rodents and insects. A filter in the syste can help but adds maintenance problems; you're best off int cepting solids at the source and sending the most heavily p luted water into your sewer or septic system.

Disease-causing agents can enter the water from bath or fo waste. Often the threat may be very slight; but avoid usi water that has contacted heavily soiled laundry (such as d pers) or persons with infectious diseases.

While individual homes vary, most authorities agree on t order of preference for gray-water sources: bathroom t and sink, followed by washing machine (mix rinse-cycle w wash water), dishwasher (beware of harsh detergents), a last, the kitchen sink (not with the garbage disposal).

rsing water *through junctions overing it with a mulch keeps ful elements from pooling*

clamped to hose end continues ering and dispersal of gray water

A plastic garbage can as gray-water dispenser

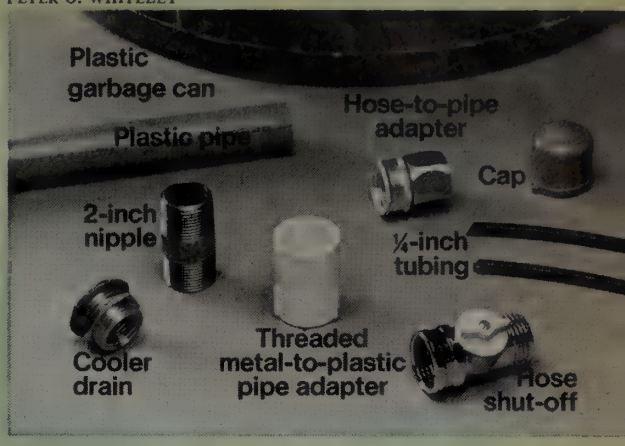
A plastic garbage container adapts easily to hold gray water for controlled dispersal.

The fittings are for standard ¾-inch-diameter pipes and hose. Together, they adapt the can to a hose that leads to the garden, then adapt the hose to plastic pipe in which you drill ¼-inch holes to hold the tubing that provides slow, safe below-surface water dispersal. The shutoff knob controls the flow.

To tap into the container, carefully cut with a small sharp knife, starting with a small hole for tight fit. Then push the cooler drain through from inside, seal the connection with silicone caulk, and tighten the hexagonal locking nut on the outside. On the other end of the line, the plastic pipe is capped to force water out the tubing.

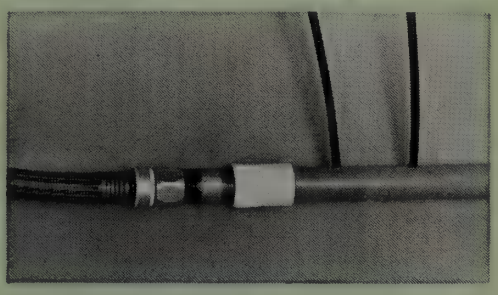
This system works by gravity. For uphill watering you can attach a pump to the hose section or just drop a submersible unit into the can. You should keep the lid tightly on the storage container.

PETER O. WHITELEY



Components *are common items found at plumbing or hardware stores*

From can to hose: *Shutoff knob controls the flow of gray water*



From hose to garden: *Water exits through plastic pipe, trickle tubing*

ring it wise?

emptation is great to store waste water for the driest ds. But standing water can go bad in a hurry, requiring lex handling systems and posing serious health prob- Most authorities urge retaining only as much as you can ght away, letting the rest go down the sewer.

ng water from the source by bucket is simplest, but and unpleasant. Siphons or small pumps (see page 287) elp. Health and building officials forbid tapping into -water lines for fear of septic backup or cross-connec- vith fresh-water lines. But many home owners are doing way; if you assume this risk, you *must* provide for over- into the sewer line in case your gray-water outlet clogs egins to back up.

uable option is a shutoff valve in the drain line that lets end only the best water to the garden.

researchers suggest short-term water storage—a "buf- garbage can or metal drum—between house and garden lp you mix clear and polluted water, let hot water cool nd regulate flow to the plants. Screen this storage against uitoes and don't let residues build up; unattended ge should have an overflow into the sewer.

rsing water widely around the garden avoids the pooling concentrates harmful substances and attracts breeding uitoes and flies. Avoid runoff to neighboring property and never sprinkle with gray water; you're safest dispersing it underground through perforated pipe. (Even lightly laden gray water can clog the small openings of many drip or trickle systems.) Use the water sparingly; don't saturate the ground. A good mulch may help decompose any pollutants.

You should avoid using gray water on delicate seedlings, on potted plants (because of restricted root zones), and on root vegetables and edible foliage. With ornamentals, you should generally water the surrounding ground, not the plant.

A gray-water system that you can visit

Possibly the best and longest-used gray-water research system is at the Farallones Institute Integral Urban House at 1516 Fifth Street, Berkeley; you can visit the grounds from 1 to 5 on Saturdays only. Pick up their excellent "fact sheet" on gray-water use. (Four of our photographs were taken there.)

And if you go ahead with a system

Scarce water is a *permanent* fact of life in the West. And while all-out conservation is the most effective solution, gray water may have a role to play. But we need much more concerted research and willingness to experiment.

If you experiment with gray water, please tell us. Write to Gray Water Editor, *Sunset Magazine*, Menlo Park, Calif. 94025; snapshots help. If you specifically authorize, we may share your experiences with professional researchers. □

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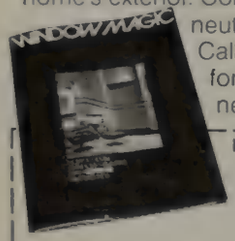

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DARROW M. W

Grasp *white mat of roots at bottom of soil ball and break it off. New roots will grow down and out into soil*

Another way *to do it: Break tangled roots by splitting root ball vertically between thumbs and fingers*

Follow the rules for bedding plants ... give the roots a good start

The rules for growing bedding plants this drought year are the same as they were in wetter, better years. The drought means that you can't expect to break the rules at planting time and still get good performance by pouring on a lot of water later.

This year you will have to be unusually careful about plant selection, soil preparation and improvement, planting, and subsequent watering.

(The pansies pictured above are not among the annuals that need the least water. No matter; roots of most annuals — including the tough ones — benefit from the treatment shown.)

Soil preparation is of highest importance in water-short gardens. Add large quantities of organic matter at planting time. It will hold moisture and release it gradually to the roots. At the same time, it will help drainage in heavy soils. Such soils, without the leaching that good drainage brings, could accumulate salts from low-grade or gray water and become too dense for roots to penetrate.

After you bring home the nursery plan

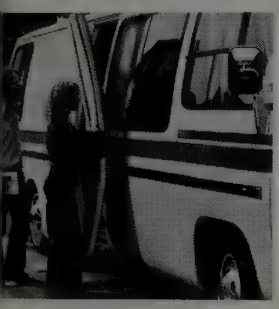
Practically all bedding plants now sold in small plastic cells. Their ro tend to concentrate near the outside a bottom of the root ball. Longer roots time coil, tangle, and form a mat. Ev tually these roots grow back into the mass when there is nowhere else to The pansy plants pictured above sh the typical pattern.

At planting time either pull off this li mat of roots (above left) or break it splitting the root ball for half its len between thumbs and fingers (ab right). Either way works well; pulling-off technique is possibly fas Neither will hurt the plant, but rather stimulate growth of new, act roots. These will sprout from brol roots and grow outward and downw into the surrounding soil as soon as set out plants and water them in.

Water plants well for two weeks wl the roots are digging in. After that tl should be able to get along with a d watering every 10 days.

ADVERTISEMENT

Camping and RV show at Sunset May 8



Where in the West can you see inside dozens of recreational vehicles, learn how to pack a backpack (or a pack horse), sample foods for campers, or watch champion fishermen at work — all in a setting of green lawns, bright spring flowers, and shaded walkways?

The answer is the *Sunset* Camping and Outdoor Recreation Show to be held Sunday, May 8, at the *Sunset* Headquarters complex in Menlo Park.

Last year, more than 23,000 visitors came to *Sunset's* second camping show. Visitors found time to enjoy the free food samples, talk with campground owners, try on different kinds of hiking boots, peek into all of the cabinets of a sleek travel trailer, find out how a spacious dinette area becomes a comfortable double bed in a small van conversion, get help on fly tieing from an expert and admire a garden displaying everything from a giant desert yucca to colorful rhododendron from the Pacific Northwest.

The show is free, and children are welcome. Last year, the youngsters were particularly intrigued by the giant teepee in the center of *Sunset's* 2½ acre lawn (the teepee will be back this year). They enjoyed the boats, off-road vehicles, colorful tents, and the food (especially the food!) as much as their parents, but exhibited special fondness for the patient pack animal quietly munching hay in the *Sunset* test garden.

This year, there'll be more food samples than ever, two small movie theaters, a climbing tower with demonstrations, a how-to-do-it portaging exhibit, and a whole series of informative demonstrations and displays.

The show will be held from 10 a.m. until 5 p.m. at *Sunset* headquarters, at the intersection of Middlefield and Willow Roads in Menlo Park, next door to Palo Alto. From U.S. 101, Bayshore Freeway (northbound or southbound), take Willow Road offramp and go west one mile to *Sunset.* From the East Bay, the Dumbarton Bridge (Hwy. 84) leads directly to Willow Road and *Sunset.*

This is the only week-end day this year that the *Sunset* gardens will be open to visitors.

Plants, turtles, and others appreciate the sunroom added right to the deck

DON NORMARK

Northwest-facing sunroom *started out as a segment of wraparound deck, but several hours of partial shade kept owners from using it. So they added three walls and a roof and moved in their house plants*

When Mrs. Jones *hoses down the house plants, spilled water harmlessly drips through mortarless bricks and the deck beneath*

Heated water *of bricked-in pool is just right for resident turtles, even helps nearby orchids with a little extra humidity*

Who inspired this sunroom? A group of house plants, a red-eared turtle named Simon, and a cat named Dickens. All had special needs: the plants for plenty of light and protection from frost, the turtle for a pool (he'd outgrown his 10-gallon fish tank), and the cat for a room he could enter from the outside whenever the family was away.

A little-used 8 by 14-foot section of deck outside the living room seemed the perfect place for the addition. Florence and Robert Jones of Watsonville, California, started by enclosing that section of deck with walls and windows. A cat door leads onto the remaining deck. One full-sized door leads out the opposite side and another opens into the living room.

The sunroom is roofed with corrugated fiberglass to let in light; the roof framing lends itself to hanging plants. Most of the sunroom's heat comes through the usually open living room door.

The new enclosure's floor is fitted with bricks laid loose on the spaced boards of the redwood deck. The bricks bring the floor level up to that of the rest of the house, help hold heat, and are an ideal base for potted plants; excess water just drips through to the ground.

Simon recently acquired a turtle roommate named Jeff; both reside in the heated brick pond pictured above. It has a drain leading through the deck so the water can be changed periodically.

Total cost of the remodel: about $500. □

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Check this chart for the amount and schedule that suits your plans (other terms are also available). Then check with your nearest Wells Fargo Bank office for more details and a Homeowner Loan application, or call us 24 hours a day, toll free, at **800-772-3909.**

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5,000	71.74	10 yrs	3,608.80	8,608.80
7,500	132.40	7 yrs	3,621.60	11,121.60
7,500	107.60	10 yrs	5,412.00	12,912.00
10,000	176.53	7 yrs	4,828.52	14,828.52
10,000	143.47	10 yrs	7,216.40	17,216.40

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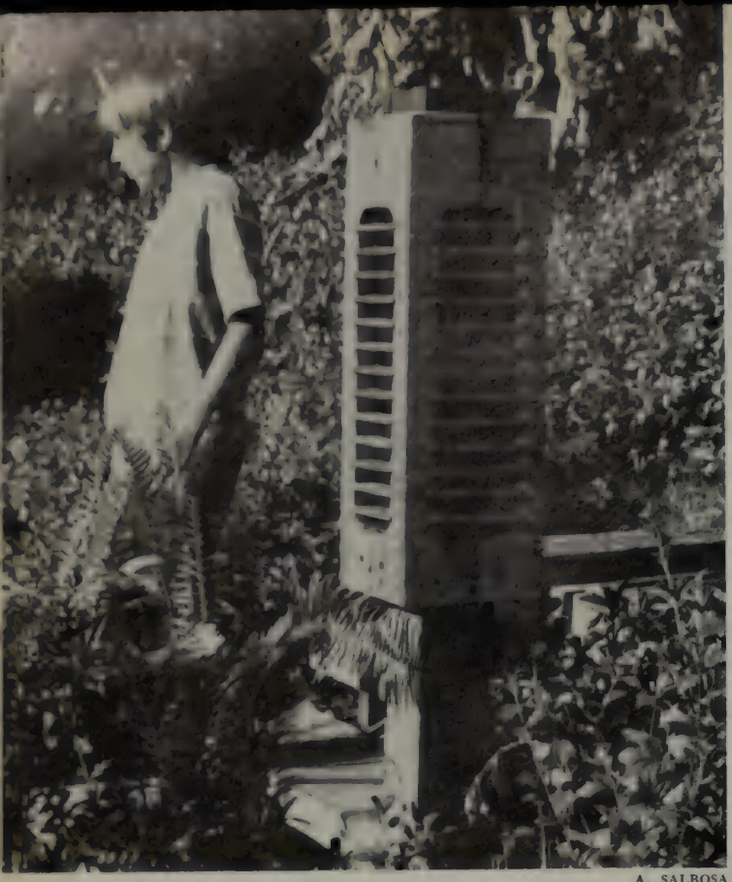
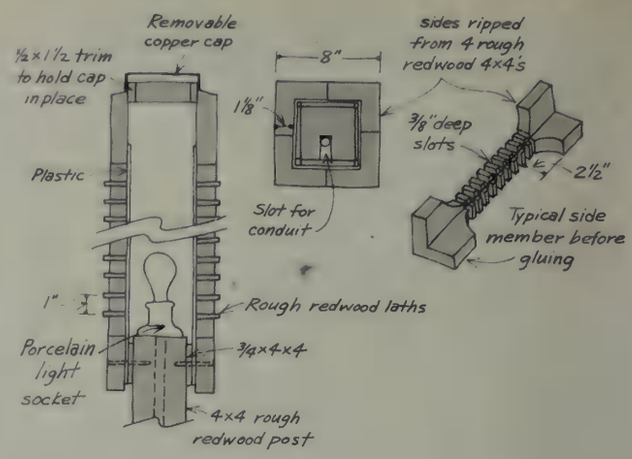


A. SALBOSA



Slatted light *alongside entry steps is mounted on 4 by 4-inch post. Wires are hidden in routed slot in post. Owner-architect: George T. Johnson, Kaneohe, Oahu, Hawaii*

DON NORMARK

Pagoda-like lamp *sits atop a concrete pillar. For bronze sections you could substitute copper or wood. Design by Robert W. Chittock for Dr. and Mrs. S. Ross Fox of Bellevue, Washington*

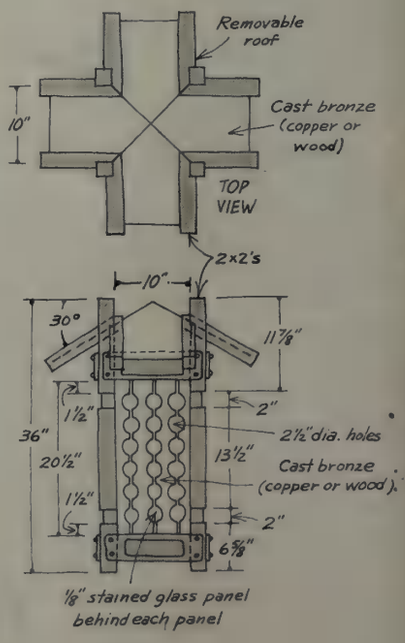
Sculpture by day . . . walker's lights at night

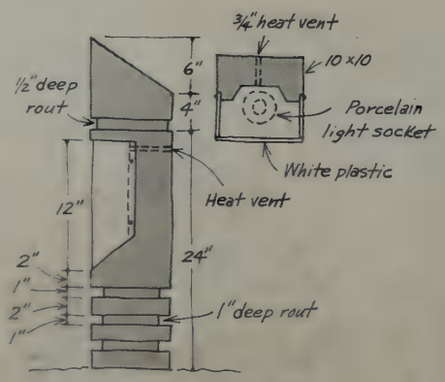
Big and bold, these garden lights function during the daylight hours almost like pieces of sculpture. At night they light your way along a drive or walk, or down garden steps.

You can use them to substitute for an existing light, utilizing the same wiring with little or no modification. Or you might hook one up to a new system, regular or low voltage.

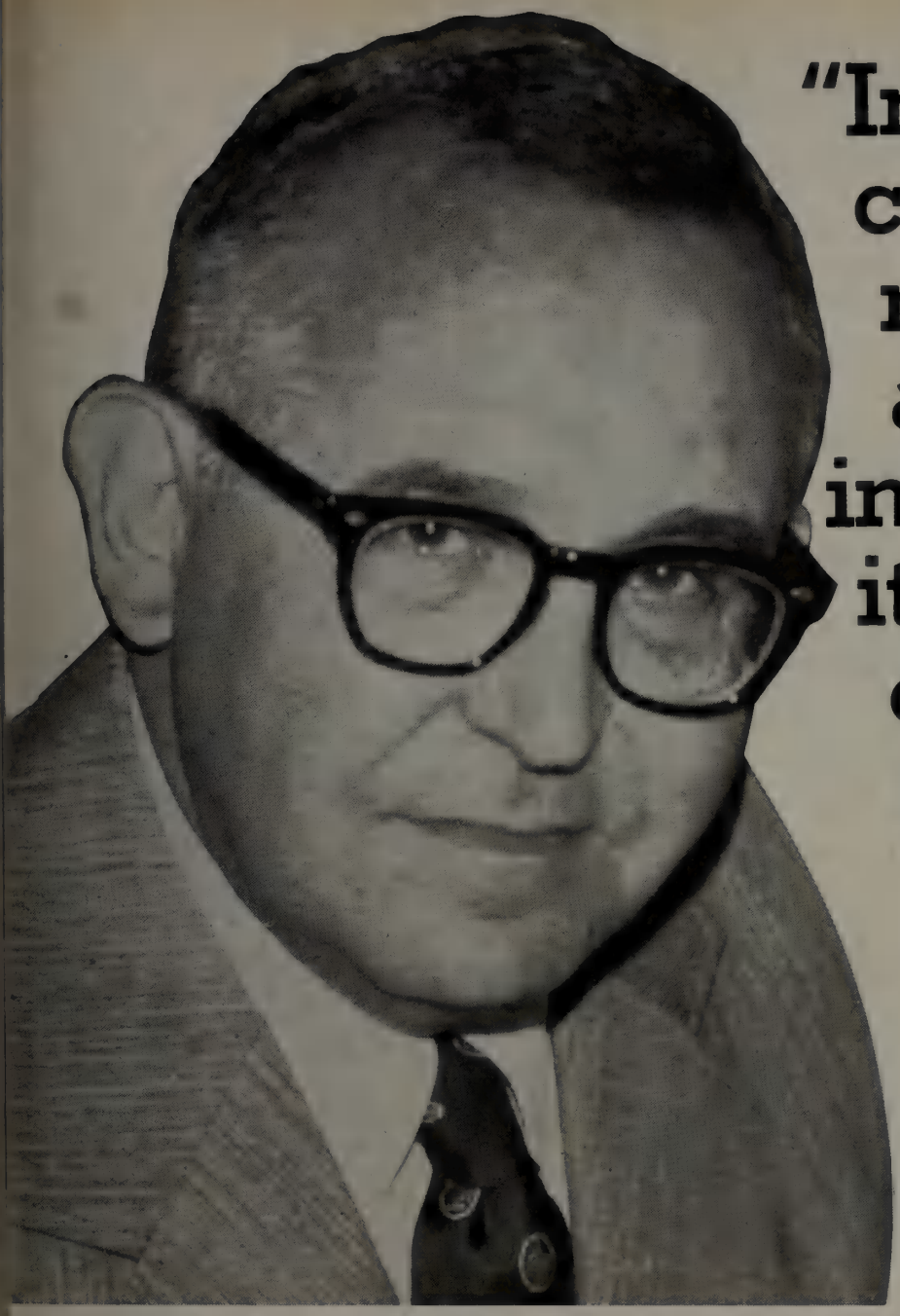
If you plan to do your own wiring, better stay with low voltage. Once beyond the transformer, you can cut, splice, and manipulate the wires without a chance of receiving a dangerous electrical shock.

Three different lights are pictured and diagrammed here. In adapting one to your own garden, you might want to simplify the design or use different materials. □





Light is softened *and diffused through translucent white plastic. Routed channels painted black. Design by Lloyd M. Bond for the Gordon Hoods, Eugene, Oregon*



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Busy May . . . 23 shows, a dozen sales, a tour, a luncheon, three seminars, two exhibits

San Francisco. April 30 and May 1. Show by the California chapter, American Rhododendron Society. Place: Hall of Flowers, Golden Gate Park, Ninth Ave. and Lincoln Way. Hours: 1 to 4:30 Saturday; 10 to 4:30 Sunday. Free.

Richmond. May 1. Annual plant show and sale presented by the American Gesneriad Society of the East Bay. Place: City Library, Civic Center St. and MacDonald Ave. Hours: noon to 5. Admission free.

Oakland. May 1 through 8. Forty-fifth annual California Spring Garden Show. Place: Lakeside Park Garden Center, 666 Bellevue Ave. Hours: 9:30 to 6:30 daily; plant sale after 4 P.M. closing on May 8. The East Bay Rose Society will exhibit on May 1, the Sydney B. Mitchell Iris Society on May 7 and 8. Admission: $2; ages 12 through 16, $1; under 12, free.

Coupon for 50-cent discount per adult ticket available in advance at East Bay nurseries, garden show headquarters (1515 Webster St., Oakland 94612), and through newspaper advertisements.

San Francisco. May 4. Eleventh annual Garden Fair presented by the Auxiliary of the Edgewood Children's Home. Place: Hall of Flowers, Golden Gate Park. Hours: 10 to 3. Donation: $1.50. Reservations are required for the luncheon ($5) served from 11 to 1:30; telephone (415) 344-0715.

Mountain View. May 5, 6, and 7. Well-stocked plant sale table and exhibit by the African Violet Society of the South Bay. Place: Mayfield Mall, Central Expressway and San Antonio Rd. Hours: 2 to 9 Thursday; 10 to 9 Friday; 9:30 to 4 Saturday. Free. Society members will be on hand to answer gardeners' questions.

Healdsburg. May 6 and 7. Annual flower show presented by the Healdsburg Garden Club. Place: Social Hall, Federated Church, 217 Fitch St. Hours: noon to 5 Friday; 10 to 4 Saturday. Free.

Berkeley. May 7. Annual plant sale including some rare items by the docents of the University of California Botanical Gardens. Place: East end of Memorial Stadium, Rim Way. Hours: 10 A.M. until all plants are sold.

San Rafael. May 7. Plant sale by the Marin County branch, American Fuchsia Society. Place: Montecito Shopping Center in front of Crocker National Bank. Hours: 9 to 3.

Saratoga. May 7. Plant sale by the Foothill Men's Garden Club. Place: Village Shopping Center, Big Basin Way. Hours: 9 to 4. Sunflower and pumpkin seeds will be given to children for a contest.

Concord. May 7 and 8. Concord Garden Club flower show. Place: Sunvalley Shopping Center. Hours: 2 to 9 Saturday; 11 to 4 Sunday. Free.

Sacramento. May 7 and 8. Show presented by the Sacramento Iris Society. Place: Country Club Plaza, 2401 Butano Dr. Hours: 2 to 5 Saturday; 10 to 5 Sunday. Free.

San Jose. May 7 and 8. Twenty-ninth annual show of cut roses and arrangements by Santa Clara County Rose Society and the Parks and Recreation Department. Place: Leininger Community Center, Kelley Park, 1300 Senter Rd. Hours: 2:30 to 9 Saturday; 9 to 4 Sunday. Free. Show entries from 6:30 to 10:30 Saturday and limited to Santa Clara County residents.

San Mateo. May 7 and 8. Show by the San Mateo chapter, American Rhododendron Society. Place: San Mateo Garden Center, 605 Parkside Way (in Beresford Park, just west of Alameda de las Pulgas). Hours: 1 to 5 Saturday; 11 to 5 Sunday. Free.

Watsonville. May 7 and 8. Monterey Bay Iris Society show. Place: Agricultural Extension Services Auditorium, 1432 Freedom Blvd. Hours: noon to 5 Saturday; 10 to 4 Sunday. Free.

Davis. May 7, 14, and 21. One-day seminars on beekeeping, repeated three Saturdays, sponsored by the University of California Extension. Place: Bee Biology Facility, Hutchison Dr., UCD campus. Hours: 9 to 5. Fee: $25 per seminar. For information and registration, telephone UCD Extension, (916) 752-0880.

Redwood City. May 8. Twentieth annual show by the Peninsula Rose Society in cooperation with the Parks and Recreation Department. Place: Community Activities Building, 1400 Roosevelt Ave. Hours: 1:30 to 6. Free.

San Francisco. May 8. Thirty-sixth annual show presented by the San Francisco Rose Society. Place: Hall of Flowers, Golden Gate Park. Hours: 1 to 6. Admission: 50 cents.

Ukiah. May 8. Annual show presented by the Redwood Iris Society. Place: Lake Mendocino Clubhouse, Lake Mendocin Dr. Hours: 1 to 6. Free.

Carmel. May 11. House and garden tou sponsored by the Monterey Peninsu Volunteer Services. Hours: 10 to 4. Fo tour tickets ($5), send check or mone order payable to MPVS, Box 2004, Ca mel 93921. (Seventeen Mile Drive fe will be waived for ticket holders.)

Walnut Creek. May 13 (preview), 1 and 15. Flower show by the Heath Farm Garden Association. Place: Con munity Center Building, 301 N. San Ca los Rd. Hours: 7 to 10 Friday; 10 to Saturday; 10 to 3:30 Sunday. Flowe show free; preview $7.50 (with supper

Sacramento. May 14. Afternoon semina on building a log house sponsored b University of California Extensio Davis. Place: Conference Room, Vag bond Motor Inn, 909 Third St. Hour 1 to 5. Fee: $15.

San Anselmo. May 14. Plant sale by th Marin Orchid Society emphasizing o chids, and including house plants an drought-resistant plants for garden us Place: Red Hill Shopping Center, 86 Sir Francis Drake Blvd. Hours: 9:30 A.M until everything is sold.

San Mateo. May 14. Fifth annual plan sale by the San Mateo Garden Cente Place: Center, 605 Parkside Way (i Beresford Park, just west of Alamed de las Pulgas). Hours: 10 to 3.

San Rafael. May 14. Annual sale o rooted cuttings by the Chrysanthemun Society of Marin. Place: Crocker Na tional Bank, Montecito Shopping Cen ter, Third and Irwin streets. Hours: 9 to 2.

Belmont. May 14 and 15. Flower show presented by the Belmont Garden Club Place: Manor House, Twin Pines Park 1225 Ralston Ave. Hours: 1 to 4 both days. Free.

Jackson. May 14 to 15. Flower show presented by the Jackson Garden Club with El Toyon and Foothill garden club participating. Place: Woman's Club house, Court and Summit streets. Hours 1 to 4 Saturday; 11 to 4 Sunday. Free.

Redwood City. May 14 to 15. Redwood City Flower and Art Show. Place: Veterans Memorial Building, 1455 Madison Ave. Hours: 3 to 9 Saturday; 10 to 5 Sunday. Free.

Stockton. May 14 and 15. Twelfth annual exhibit by the Stockton Bonsai Club in conjunction with the San Joaquin

ounty Spring Festival. Place: Memorial uilding, Micke Grove, off U.S. Highay 99 between Stockton and Lodi. Iours: noon to 6 both days. Free.

an Mateo. May 15. Annual show by e Hillsborough Bonsai Society. Place: an Mateo Garden Center, 605 Parkde Way. Hours: 11 to 5. Free.

nta Rosa: May 15. Annual show prented by the Redwood Empire Rose Soety. Place: Luther Burbank Art and arden Center, 2050 Yulupa Ave. ours: 1 to 5. Free.

eott. May 15. Twenty-sixth annual ower show by the Southern Humboldt arden Club. Place: Agnes J. Johnson ementary School. Hours: 2 to 6. Free.

erkeley. May 17. Plant sale with spel tables for dried arrangements and ought-resistant plants sponsored by the erkeley Garden Club. (Bonsai and suclent exhibits not for sale.) Place: orthbrae Community Church, The Alaeda. Hours: 11 to 2. Free.

n Rafael. May 21. Rooted-cutting sale esented by the Chrysanthemum Soety of Marin. Place: Crocker National ank, Northgate I Shopping Center. ours: 9 to 2.

alnut Creek. May 21. Annual sale of ung chrysanthemum plants by the orthern California Chrysanthemum ciety. Place: Bank of America parkg lot, corner Main St. and Mount Dilo Blvd. Hours: 9 to 1.

avis. May 21 and 22. Seminar on landaping with native plants sponsored by CD Extension. Place: Walnut Room, ini-center, Hutchison Dr., UCD cams. Hours: 9 to 5 both days. Fee: $40.

rass Valley. May 21 and 22. Tenth nual flower show sponsored by the icago Park Garden Club in cooperan with the Nevada County Flower rangers and Exhibitors. Place: Floriture Building, County Fairgrounds, cCourtney Rd. Hours: 1 to 5 both ys. Free.

lo Alto. May 21 and 22 Twentyurth spring bonsai exhibit by the Pensula Bonsai Club. Place: Buddhist urch, 2751 Louis Rd. Hours: noon to Saturday; 9:30 to 7 Sunday. Free.

cramento. May 21 and 22. Annual cramento Geranium Club show. Place: epard Garden and Arts Center, 3330 cKinley Blvd. Hours: 2 to 6 Saturday; to 5 Sunday. Free. The show will inide an educational display on care and lture of geraniums and a demonstraon of using geraniums in arrangements.

n Francisco. May 21 and 22. Annual ow and plant sale table presented by e African Violet Society of San Franco. Place: Hall of Flowers, Golden ate Park. Hours: 2 to 5 Saturday; 10 to Sunday. Free. □

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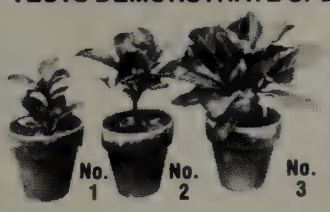

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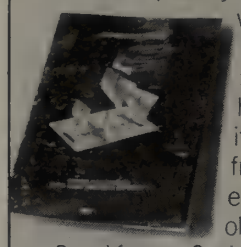

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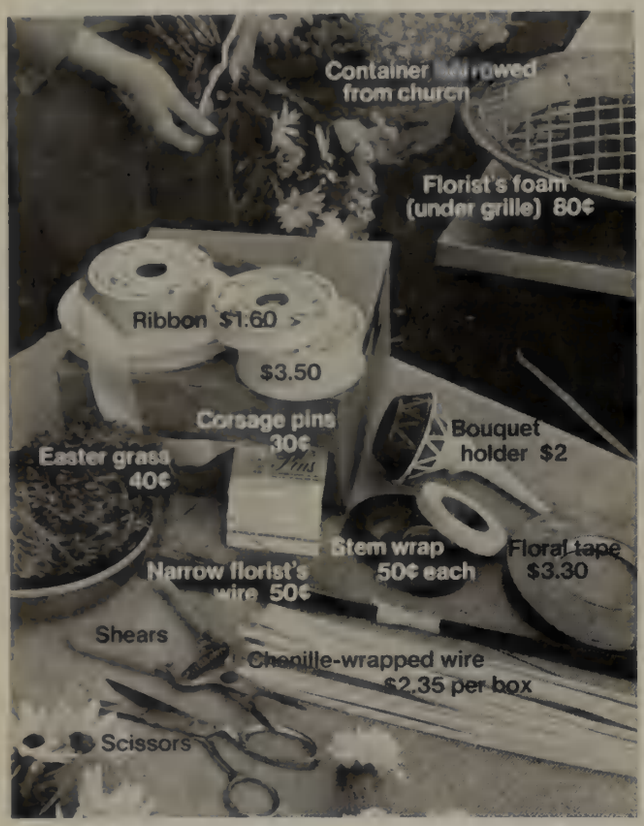
At the florist's, *the morning before the wedding, a last-minute bunch of miniature carnations is included*



Gearing up: *tools and supplies (above) with prices. At right, the team looks over 14 kinds of flowers, ferns, purchased from florist. Next step is to plunge every flower bunch into waiting buckets of water*

Flowers for the wedding ...novices take charge

The challenge: 1 bride, 1 groom, 1 matron, 1 maid, 5 ushers, 2 mothers, 1 small girl, 1 chapel, 18 pews, flowers for all

W M. WATT

The bride's bouquet: *It began with leatherleaf fern being poked into the water-soaked holder (top picture); then one kind of flower at a time goes in (she's adding a carnation here). Daisies, roses, ranunculus, freesias, and candytuft were also used. Overnight soaking kept the blooms fresh*

recent early-spring California ling, five friends of the bride took he floral challenge. What they con- ted was advance planning (they ed 21 days early at the florist's), a day work session the day before the ling, then putting the show together the next morning.

What they achieved we show in our photographs—34 floral works from boutonnieres to super-size chapel bouquets. The four big bouquets for the altar were easier than expected. So were the many small pieces.

The leader did the advance work. Later she summed up for *Sunset* what was learned and what action plan she would give to others tackling a similar undertaking.

Her first comments:

"It wasn't work. It was great fun. All of

For each boutonniere, *wire binds main flower's stem (rose for the groom, carnations for the ushers) with baby's breath and fern. Stretchy stem wrap covers wire*

our team had a good time, sometimes a hilarious time.

"We saved money. Florists' estimates for supplying what we did on our own were $350 to $400. Our out-of-pocket cost was $170. If the wedding had come in late spring or summer it would have been much cheaper because we would have collected many flowers from friends' gardens.

"Planning ahead is the secret. We ordered most flowers three weeks ahead. We had bows made ahead of time. We had all supplies and containers also ready ahead of time.

"Ask your florist for advice: What flowers are better buys. How many flowers you will need. What tools and equipment you will need."

The four big bouquets each took one worker less than an hour to make

Here are other suggestions and cau

Check out the church if that's the ceremony will be. Does it have baskets? If not, a florist may rent to you or tell you where to go for Is there a big refrigerator for ove holding of boutonnieres and corsag

Worry about the flowers. Get som flower food from your florist and in the flower water. Refrigerate (i ter) your bouquets; if you can't, them overnight out-of-doors in away from heat and wind.

Have extra flowers in water bu You will need them. Be sure all fl have adequate water at all times.

For really big bouquets, allow ple

DARROW M. WATT

Two big bouquets *on each side of the altar; each took one person no more than one hour to make. Florist's foam under the grille (above) holds the flowers; the church furnished the copper bowls*

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Wire *cuts the foam block to fit aluminum-foil cup inside flower girl's basket; florist's tape secures it. She's showing off the bouquet of baby roses, daisies, carnations, leatherleaf fern*

Small girl gets a basket, big girls get bouquets. So do pews

DARROW M.

Tape at work: *Each corsage has seven miniature carnations, leatherleaf fern. Wrap stems same way as boutonnieres*

Pew bouquet *stays in place with 2-inch masking tape. It's made same way as bridesmaid's bouquet*

Bridesmaid *carries spray of iris, candytuft, freesias, daffodils. Big bow matches yellow flowers. See technique on page 264*

working time. Do one carefully w everyone watches. The next ones more quickly.

For a big hemispherical bouquet, w with one kind of flower at a time (can tuft, then chrysanthemums, then ca tions, then roses in the altar bouq in this article). Start in the cen placing flowers vertically, then w around and down. The last flowers g almost horizontally at the bottom si Push each stem firmly into the core water-soaked flower foam.

Ferns are your lifesavers if you short of time or flowers. Use them to in gaps. Use them to fill out a sn bouquet (see page 264) or a big a display.

Color planning is much of the fun. Y can let one color dominate; white all but foolproof; yellow is a popu choice. Or you can orchestrate y colors, blending pinks with blues whites or yellows with oranges.

Make long slanting cuts on the stems fore placing flowers in foam supports

Have a wedding-day team—at least people. Arrange for a station wagon van to move flowers to the church maybe later from church to recepti You'll need help to decorate the cha pin up the wedding party, place bouquets and altar bouquets (use ma ing tape). Take a big tool basket church—wire, scissors, ribbon, she pins. Also take an extra corsage and extra boutonniere. You are bound forget someone.

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PETER O. WHITELEY

Only *10 months old, these coleus stand 3 feet high in 8-inch pots. They need plenty of light*

STEVE W. MARL

Inside look *at branch canopy: Branch are sturdy, symmetrical. Note where of main stem has been pinched*

Old friend in a new posture. It's coleus grown as a "tree"

Recognize these leafy "trees"? Look again and you'll see an old friend, the common coleus (*C. blumei*). It's easy to grow and easy to admire. Whether you grow it indoors year-round or outdoors for the summer, consider giving coleus a new character by growing it as a standard. It's a natural showoff that will play the part well.

Following is the method used by Bill Schmidt, a retired nurseryman living in Sun City, Arizona, to produce the coleus standards you see here. Mr. Schmidt started the plants less than a year ago as cuttings, 10 to 12 inches long.

Coleus cuttings root easily in a glass of water, or you can root them in soil, sand, or perlite. Within two or three weeks they should be rooted and ready to transplant into small pots. Repot young plants every few months to keep them growing steadily. The coleus pictured above were transplanted from 4 to 6 to 8-inch pots by the time they were six months old. They're now ready to move into 10-inch containers where they can remain for several years.

Coleus come in an eye-catching array of colors and leaf shapes. Semidwarf or compact varieties aren't really suitable for standards; select an old-fashioned big-leaf variety for best results. The plants we show here are 'Pegasus,' old favorite with bright green and purp leaves.

Training a standard: Be sure the cutti or young plant you start with has leader or dominant growing tip inta Let this stem lengthen to become t plant's single trunk. Insert a ½-in stake in the root ball alongside the ma stem when the plant is still young a supple. To encourage vertical grow pinch back side shoots regularly, b don't remove them completely.

When the coleus has reached the heig you want, nip out the growing tip a remove all side growth below the t three or four nodes. These will devel a head of branches. Tip-pinch t branches when they have several join then continue to groom new growth the same way to develop a full, rou canopy. Remove all flower buds as so as they appear.

For good leaf color and sturdy grow provide as much direct sun as the pla can stand without burning. Indoors, sunny bay window with light comi from several directions is ideal. If yo exposure is southern or southwester you can count on good morning a afternoon light, but you'll probably ne to shade plants from strong midday s —about 11 A.M. to 3 P.M.

Coleus require plenty of water and f tilizer. Water regularly. To preve soggy soil, use a light, freely drain soil mix with plenty of moisture-holdi organic material added. Feed with high-analysis complete fertilizer; if i structions specify monthly doses, use twice a month at half strength.

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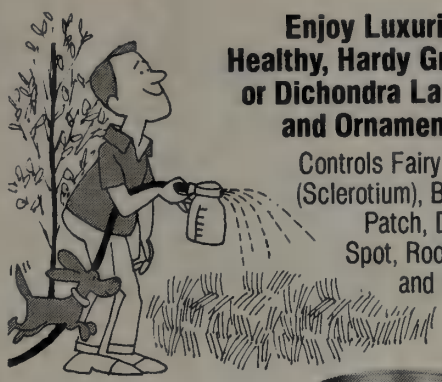

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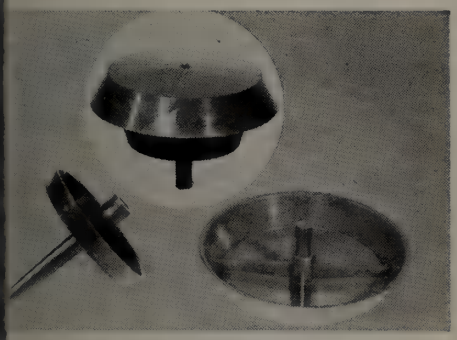

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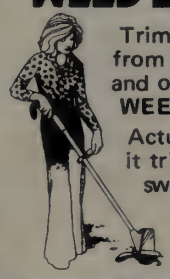

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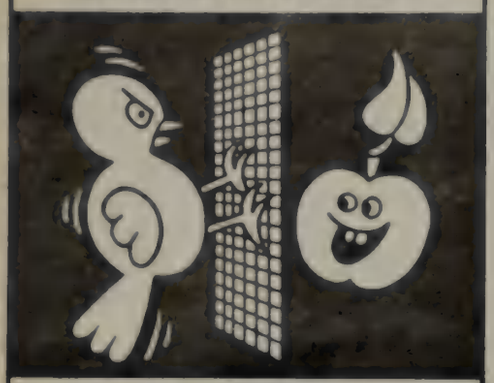

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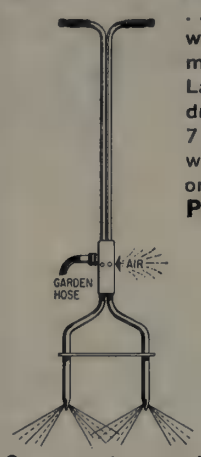

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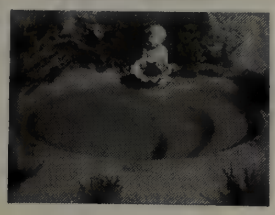

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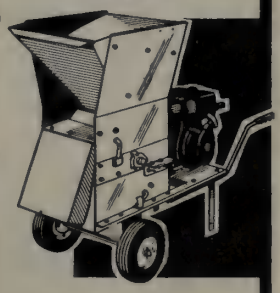

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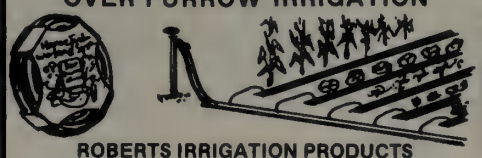

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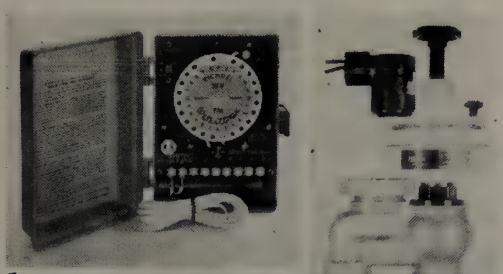

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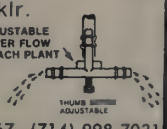

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Pumps for moving gray water

A variety of small electric pumps—normally used for fountains or utility work—can help you recycle water from a tub, washing machine, or storage barrel into your garden. (For information on "gray water" itself, see page 268.) Priced from $5 to $50, they're sold by plumbing and hardware stores, some nurseries, and some large chain department stores and their catalogs.

Types of pumps

The lower-cost pumps are powered by your electric drill, and are threaded for garden hoses. They pump about 200 gallons per hour and aren't harmed by soapy water; but they can overheat all but the sturdiest drills. You also have to tend the drill for the 20 or so minutes that it takes to drain your tub or shower. To keep the electric drill away from standing water, you can hook it up to the pump outside and run the intake hose through a window to the tub. The intake hose shouldn't be longer than 8 feet for the pump to operate properly.

(To prolong the life of your drill, you can use this kind of pump just to begin siphoning action if you're pumping to a garden or water storage that's below bath level. After the flow begins, just unhook the pump; you can then attach the intake hose to an extension that reaches the garden or storage.)

The next step up is the self-powered "submersible" pump that you lower into the standing water. Cost is $20 and up. Shop for a model that leaves the least amount of water in your tub—some pumps work down to ⅛-inch depth. *Never* lower the pump into water that you're standing in.

Nonsubmersible pumps and dual-purpose pumps (the latter for use in or out of water) are more complex and sometimes have special requirements. They may operate only at or below the level of the water source. They may need to be primed by adding water to the pump chamber before operation. And some types burn out more quickly than submersibles if they run dry. Be sure you don't confuse the inlet and outlet lines, or you may damage the pump.

Words to remember: "capacity," "head ratings"

Pumps carry different capacity and "head" ratings. Capacity will be listed in gallons per hour (GPH) or gallons per minute (GPM) and will be given for different heads (the height to which the pump can move water). A unit that delivers 170 GPH at a 1-foot head may deliver only half as much at a 4-foot head, an important difference if your pump has to lift water through a high window or to an elevated garden. Most pumps list a maximum head—the limit of their lifting ability.

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Capacity should depend on your needs. For example, at the same price (about $35) you can buy a submersible fountain pump that takes 20 minutes to empty your bathtub, or a utility (or sump) pump that will do the job in 3 or 4 minutes. The first is best if you intend to be outside watering your garden as your pump empties the tub. The second is good for quickly moving water from the tub to outdoor storage for use later.

Whatever kind of pump you choose, be sure that it can be easily adapted to your garden hose; look for a seal from a recognized testing organization like Underwriters' Laboratories; always use a grounded, three-pronged power source; and never let any pump run dry (except for the time self-priming pumps take to start the flow). Many kinds will burn out in seconds without water, though some shut off when they get too hot.

Check your pump after each use and remove any hair or lint caught in the filter. You must provide some sort of screen on the intake end of filterless pumps, or suspended matter may clog or damage the pumping mechanism. □

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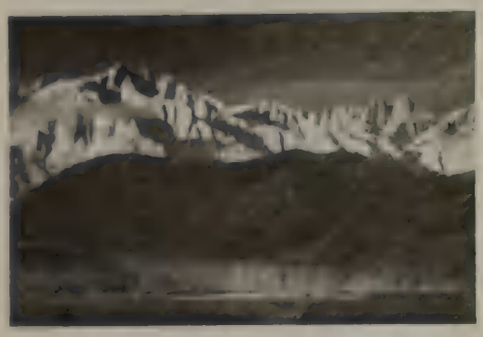

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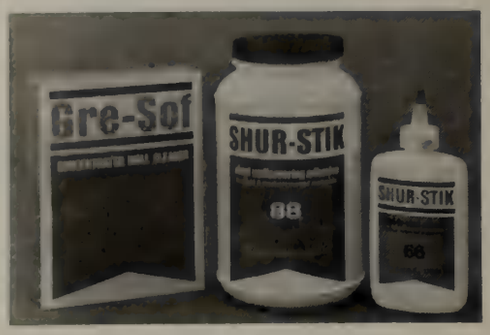

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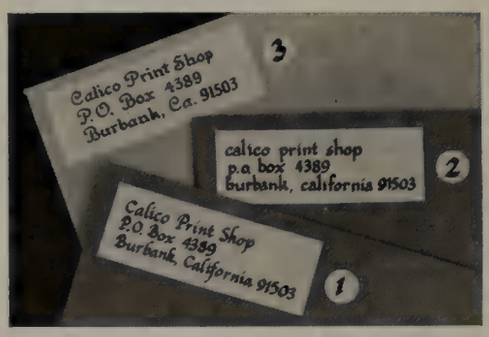

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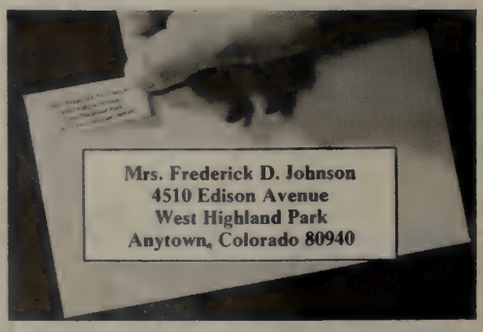

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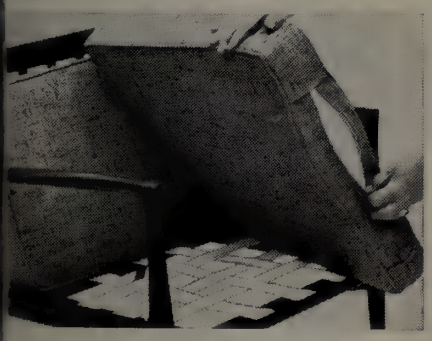

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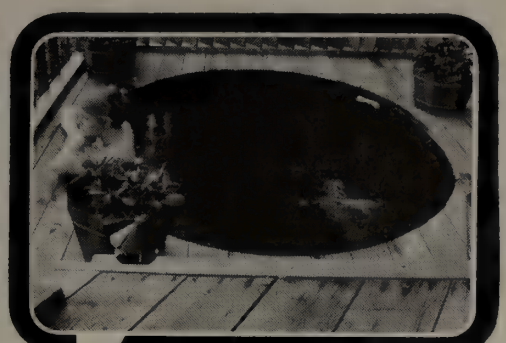

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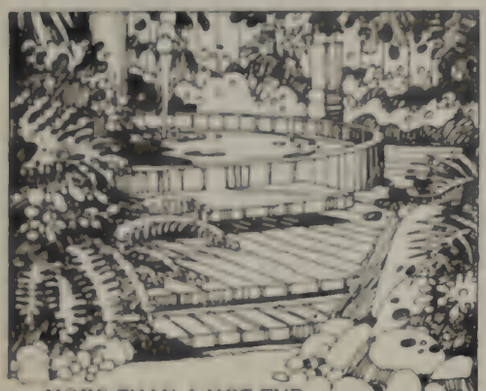

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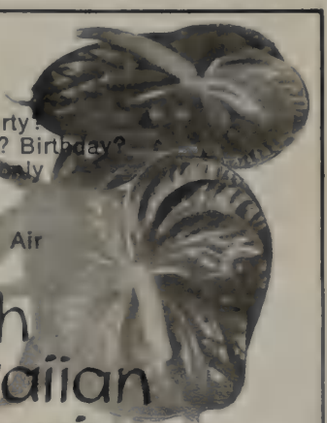

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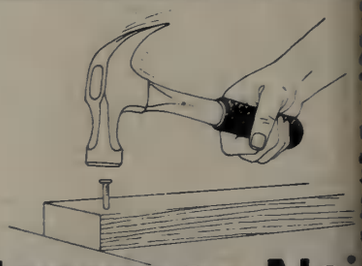

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Guides for insect watchers

Observing and photographing garden insects are described in the article beginning on page 112. Here are books to get you deeper into the subjects.

The first two are Golden Guide Series paperbacks (Western Publishing Co.; $1.95 each):

Butterflies and Moths, by Herbert S. Zim, 1962.

Insects, by Herbert S. Zim, 1951.

These are part of the Nature Series of *How To Know* spiral-backs (William C. Brown Co., Dubuque, Iowa; $4.95 each, except as noted): *Beetles*, by H. E. Jaques, 1961; *Butterflies*, by Paul R. and Anne H. Ehrlich, 1961; *Grasshoppers, Cockroaches, and Their Allies*, second edition, by Jacques R. Helfer, 1972; *Immature Insects*, by H. F. Chu, 1949; *Insects*, by H. E. Jaques, 1947; *Spiders*, by B. J. Kaston, 1972 ($5.95).

Even deeper into insects

General reference books are listed below.

A Field Guide to the Insects of America North of Mexico, by Donald J. Borror and Richard E. White (Houghton Mifflin Co., Boston, 1970; $5.95).

An Introduction to the Study of Insects, fourth edition, by Donald J. Borror, Dwight M. Delong, and Charles A. Triplehorn (Holt, Rinehart & Winston, San Francisco, 1976; $19.95).

Insects of North America, by Alexander and Elsie B. Klots (Doubleday Co., Inc., Garden City, N.Y., 1971; $9.95).

Insects That Feed on Trees & Shrubs: An Illustrated Practical Guide, by Warren T. Johnson and Howard H. Lyon (Cornell University Press, Ithaca, N.Y., 1976; $35.00).

The Common Insects of North America, by Lester A. Swan and Charles S. Papp (Harper & Row, San Francisco, 1972; $15.95).

The Insect Guide, by Ralph B. Swain (Doubleday, 1948; $6.95).

Photographing insects

Close-up Photography (by Eastman Kodak Co., 1972; paperback, $2.95).

Close-up Photography & Photomacrography, second edition, by H. L. Gibson (Eastman Kodak Co., 1975; $13.95).

Croy's Creative Photomicrography, by Otto R. Croy (Amphoto, 1968; $12.95).

Photographing Nature (Life Library of Photography, Time-Life, 1971; $9.95).

Photomacrography: Art & Techniques (Amphoto, 1971; $8.95). □

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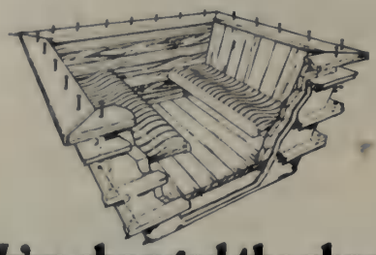

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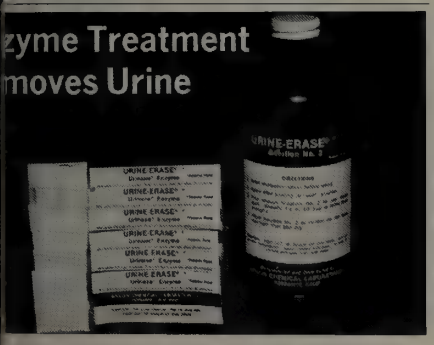

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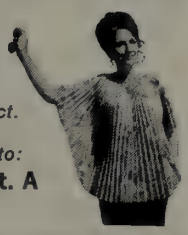

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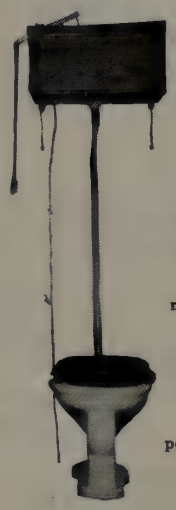

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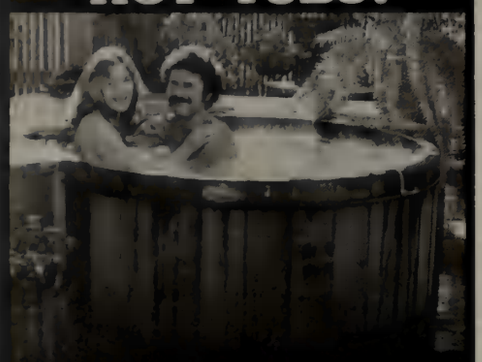

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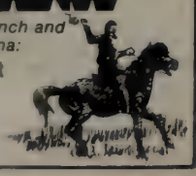

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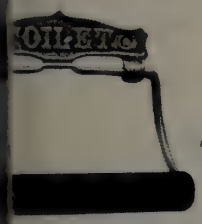

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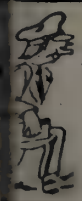

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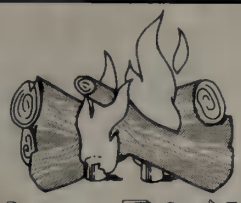

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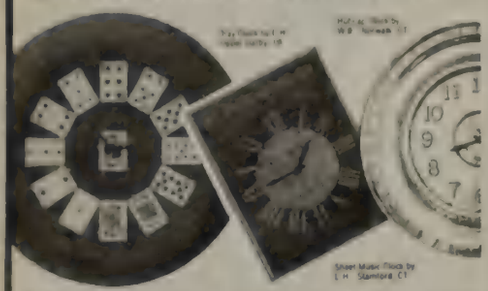

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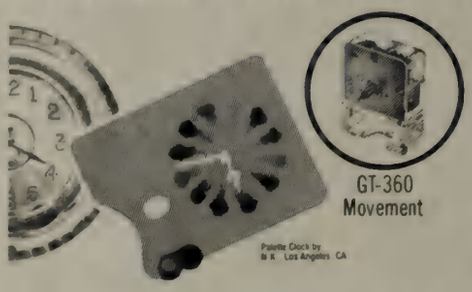

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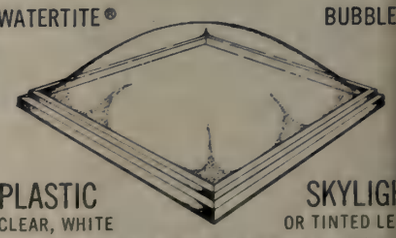

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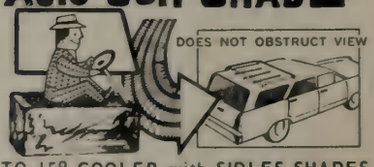

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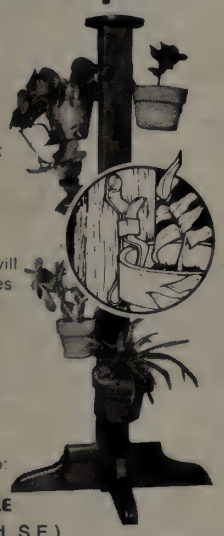

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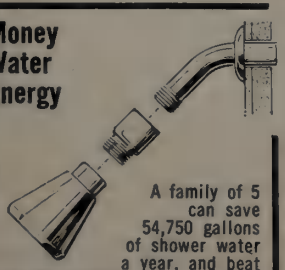

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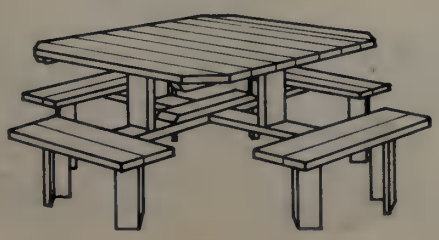

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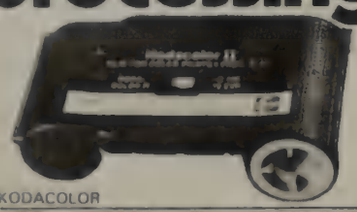

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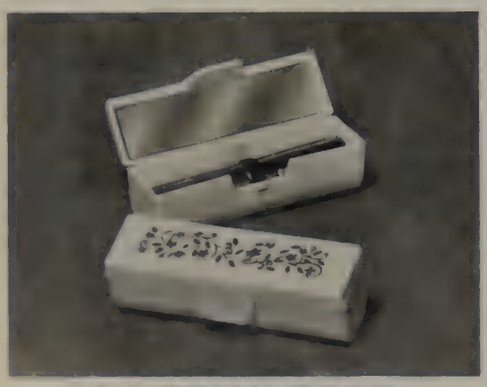

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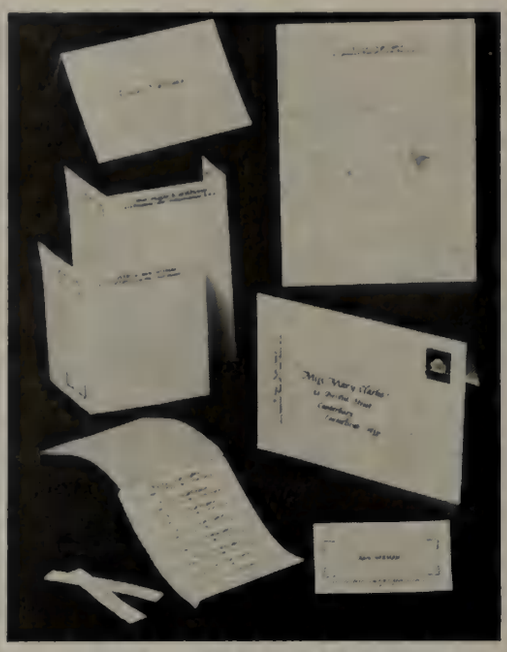

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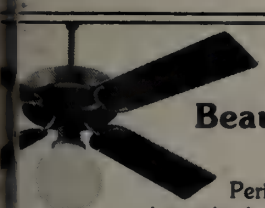

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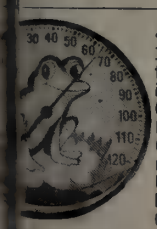

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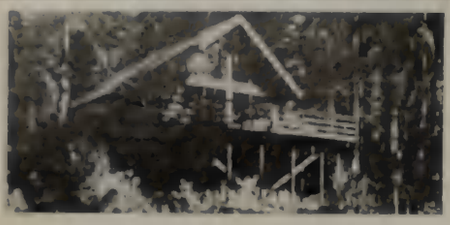

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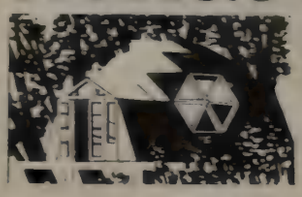

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Before and after: *Garden cleanup had already begun when photograph at left was taken. At right you see new brick entry steps and retaining walls, gateway, fence*

Up-and-up garden . . . steps, path, steps, and then the high decks

Main deck *and front entry, tuc into angle of house, are reache steps upslope from street level Bridge and upper deck are aro the corner to the right*

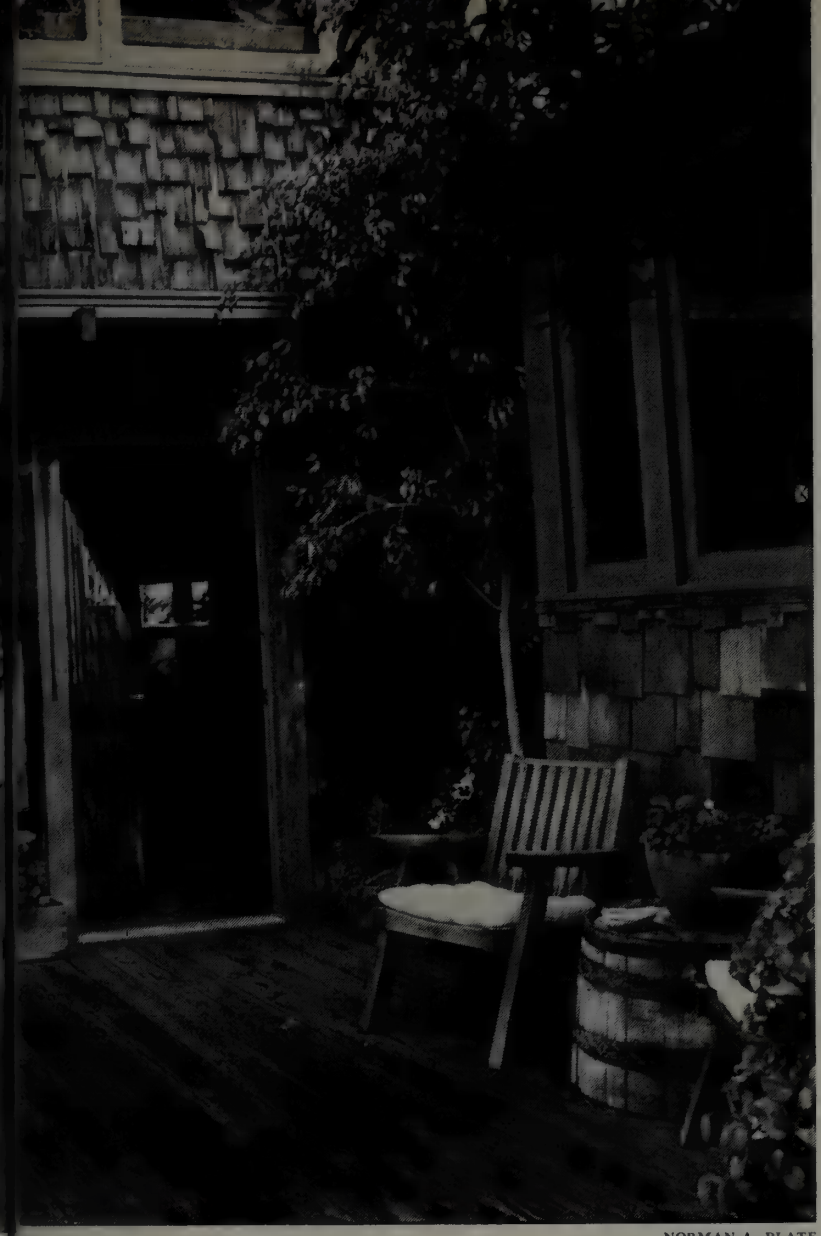
Sloping lot *called for landscaping on levels: Steps from street lead to path of telephone pole sections, then more steps, a big deck, and a high deck with hot tub*

"You should have seen this place b It was like an overgrown jungle only flat outside area was a small porch."

That's how Dr. Peter Kerkhove guna Beach, California, begins de ing his relandscaping project. Hi fore" photograph at upper left was after much of the old plant materi been removed.

After the garden cleanup, new bri taining walls were worked into th tem of entry steps to hold and t the slope and prevent water runo the top of the steps is a new wood and covered gate. From here, ste pads made from sections of old phone poles lead to the house or o the garden. Longer poles, set si side, form a curving retaining wal

The small entry porch is gone. place is a two-level deck that proje feet over the slope of the garden,



NORMAN A. PLATE

Bridge *joins lower deck to upper deck and hot tub, leaving space for existing tree and other plants growing on bank*

Hot tub *set into upper deck is the garden's social center. The water in it is filtered and reused. Floating thermal pad and wood cover are not shown. Hot tub and solar system design by Laguna Redwood Tubs*

d the house, sidesteps an existing nd steps up to another sitting area. to this upper deck is a hot tub, 4 eep and 7 feet wide. When it was ed 10 months ago, the hot tub was with 950 gallons of water. That is filtered and reused, so only 20 gallons of new water have to be each month.

for the tub is heated in a 128-foot collector on the roof (a small aux- gas heater has been turned off since ergy shortage). The collector raises ater temperature to 95° after two utive bright days, to over 105° two really sunny days. When the n't in use, a floating thermal pad eavy wood cover keep the water eat loss is only about 5° to 8° per nd minimize evaporation.

gate, fences, and deck were de- by architect Morris Skenderian. todder did the garden design. □

Solar *collector on south-facing slope of roof heats water for hot tub. Cold water enters collector top via pipe*

LETTER FROM *Sunset*

The wild horse dilemma

In 1971, after long controversy, Congress gave legal status—and s stantial protection—to wild horses and burros, calling them "living sy bols of the historic and pioneer spirit of the West." The governmen charged with maintaining the animals as an integral part of the natu system: providing land, forage, and care while protecting the w creatures from "capture, branding, harassment, and death."

But one serious consequence is overpopulation: Now protected fr commercial hunters, wild horses are fast multiplying beyond the capac of public lands to support them—and range problems are becom severe.

Burgeoning herds are increasingly competing for scarce forage w cattle and native wildlife—and among themselves. Forage plants being uprooted, removing erosion-preventing ground cover on fra lands. Cattlemen fear having their grazing stock forced off public la already affected by drought. Many horses are threatened with unc nourishment which can lead to disease.

The Bureau of Land Management reports a current population of so 50,000 free-roaming horses and 7,000 burros. To keep herd sizes stea they estimate that 8,000 to 10,000 must be removed from the range t year. But there are few new lands where horses can be moved. M likely, the government will be forced to destroy excess animals. But a middle course, horses and burros are being offered for adoption families or organizations who have the facilities to care for them.

Unique to the West—and rare for its reliance on direct citizen invol ment—the BLM's Adopt-a-Horse program (begun in earnest just l summer) provides a selected wild animal free if you have reasona means of shelter and feeding. You must provide transportation from t roundup center nearest to you. The government retains formal title the animal, to monitor its health and prevent exploitative commerc use; any offspring are yours. The animals are screened for health; so may show signs of undernourishment that should disappear readily w normal care.

(It's good to remember that owning any horse involves considera care and expense—and possible risks. Be sure you can afford feed, cilities, and eventual veterinary care; and be very certain that ordinan permit keeping a horse. A local boarding stable might be the answer.)

While they're wild when you get them, most of these free-roaming a mals adapt to humans and train as well as other horses; they desce from generations of strayed or unloosed domestic stock. Adopting fa ilies interviewed by *Sunset* have been enthusiastic about their expe ences with the program. Older male horses pose the greatest risks.

You can obtain further information and application forms from Ado a-Horse, Bureau of Land Management—Code 330, Washington, D. 20240. This is probably only a short-term solution as the number qualified adopters is likely to be limited. But our wild horses and burr —and the public range they roam—are purely Western resources, a any help with the problems that surround them is welcome.

WINDOW ON THE WEST: *Wild roundup*

Sturdy stallion waits for its new owner in a private ranch corral north of Reno, a regional gathering point for newly captured wild horses and burros. Physical characteristics of the animals—size, color, build—vary widely, since they descend from a variety of former domestic breeds. Photographed last winter, this horse will soon lose its shaggy cold-weather coat.

June 1977

75 cents

Sunset

The Magazine of Western Living

Easy-to-Make Picnic Salami P. 98

Easy-to Build Picnic Tables P. 94

Border-to-Border Surprises
Minutes from Interstate 5 P. 80

Beans are Making News P. 90

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To find a nearby Armstrong retailer, look in the Yellow Pages under "Floor Materials." Many are authorized Floor Fashion Center® retailers, offering the best in selection and service. Or, use the coupon to get free Solarian literature, maintenance instructions, and names of your nearest Armstrong retailers.

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Sunset · The Magazine of Western Living®
THE PACIFIC MONTHLY

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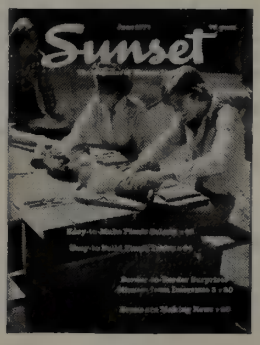

Our cover shows off two ideas for summer. The salami he's slicing comes from Sunset's test kitchen, and the recipe is easy to follow—you'll find it on page 98. The picnic table you see is an adaptation of a classic type; on page 94 we give instructions for two versions. Photograph by Glenn Christiansen

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June travel . . . in and beyond the West

JERRY FREDRICK

Lakeside setting *enhances Oakland's band shell, built in 1918 in the style of one in Florence*

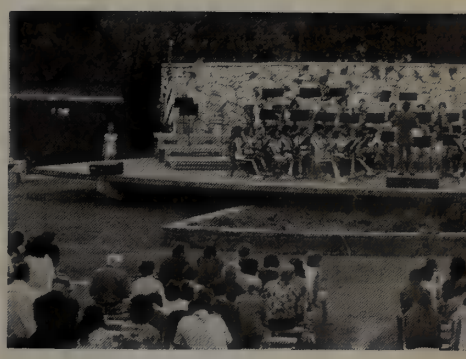
rom oom pah pah to ooh la la— summer's day at the band concerts

'hether it's music from a German beer ıll or the score of Offenbach's *La Vie arisienne,* the sounds of an outdoor ınd concert just seem to go with a sum- er day. This is a somewhat forgotten ıdition in several towns, so crowds at e band shells are usually small.

ere are seven free concert spots from n Francisco to Sacramento, Reno, and enver; all are in parks and some have vely lakeside settings. The band shells emselves range from quaint (Oak- ıd's white gazebo) to grand (San Fran- sco's huge Italian Renaissance music vilion).

ost concerts are held Sunday after- ons, others at night; all are in summer

Plenty of brass—*that's what makes a band a band and not an orchestra*



In Sacramento, *a concert in the park is a cool way to spend a summer evening*

Sunset *The Magazine of Western Living* • *June 1977*

We are developing drought literature

Round-table *discussions like this have been our most valuable tool as we formulate our drought literature*

Writing about the drought brings you up against conjecture: The situation here in the West is so unprecedented that there's no authoritative body of knowledge to draw from. So, to bring substance to *Sunset's* handling of the subject, garden editor Joe Williamson (second from right, above) has assembled and talked with six panels of gardening experts (almost 80 altogether) over the past nine months.

What we've learned from them has led mainly to articles on water saving for our California readers. But this month, as the drought increasingly affects more territory, we've directed our advice to water-conscious gardeners throughout the West. On pages 96 and 97, our most recent panel offers suggestions for helping your container plants make it through the dry summer ahead. □

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only (except San Francisco's) and picnicking is invited.

Denver: City and Washington parks. July 4 through August 14; evening performances at 8. At Washington Park (S. Franklin and E. Mississippi streets) Tuesdays through Thursdays. At City Park (17th Avenue at Fillmore Street) Fridays through Sundays. Both parks have band shells, lawn seating; special programs include Español Night and Hungarian Night.

Oakland: Lakeside Park. June 5 through September 11; Sundays, 2:30 P.M.; 2-hour concert. Holiday programs on July 4 and September 5. Old-fashioned bandstand, some benches.

Reno: July and August; Wednesdays, 7:30 P.M.; 1½-hour concert. In July at University of Nevada in the Quad on Ninth Street; in August at Virginia Lake Park on Lakeside Drive. Portable stage, lawn seating at both locations.

Sacramento: William Land Park amphitheater, S. Land Park Drive. June 19 to August 14; Sundays, 6:30 P.M.; 1½-hour concert. Modern amphitheater, bench seating.

San Francisco: Golden Gate Park, Music Concourse. Year-round; Sundays, 2 P.M.; 2-hour concert. Huge sandstone band shell, bench seating.

San Jose: Kelley Park, Story Road. June 19 to July 31; Sundays, 2:30 P.M.; 2-hour concert. No shell, lawn seating.

Stockton: Oak Park, California and Alpine streets. June 26 through August 28: Sundays, 2 P.M.; 2-hour concert. July 4 program with fireworks at Legion Park. 7 to 9 P.M. No band shell, lawn seating.

Music, mime in San Francisco plaza

This month, a new city program to enliven a downtown plaza begins a summer of music and theater entertainment. From June 8 through September 2, Hallidie Plaza will be the site of a free 1-hour show each Wednesday, Thursday, and Friday. There'll be jazz, rock and military bands, as well as drama and mime. Some of the performers include Bourbon Street Irregulars, Toad the Mime, Magic Carpet Theater.

The "people in plazas" program, sponsored by the city and local businessmen was begun last year to encourage more people to use these areas. Hallidie Plaza is at Market and Powell streets.

A Salt Lake City arts festival

A celebration of music and dance will fill two blocks of Main Street from June 24 through 26 as the city puts on its first free arts festival. Two outdoor stages will showcase the Utah Symphony (Friday, 7:30 P.M.), Ballet West (Saturday, 7:30 P.M.), Repertory Dance Theater (Sunday, 1 P.M.).

Other weekend events include puppet

The Queen's premier cruise from Los Angeles is going to be one incredible voyage

The Great Pacific & Orient Cruise: 62 days, 25,798 miles, 18 ports

On January 30, 1978, the Queen Elizabeth 2 will mbark on her very first omplete cruise from the Vest Coast. And it romises to have all the xcitement and mysque of her maiden oyage back in 1969.

The Queen will call n the exotic Polynean ports of Suva, Vavau nd the Tahiti of Gauguin. She'll visit New ealand, Australia, the Philpines, Hong Kong and negoations are currently being held for a pectacular visit to Kwangchow Canton) and Peking in the People's epublic of China.

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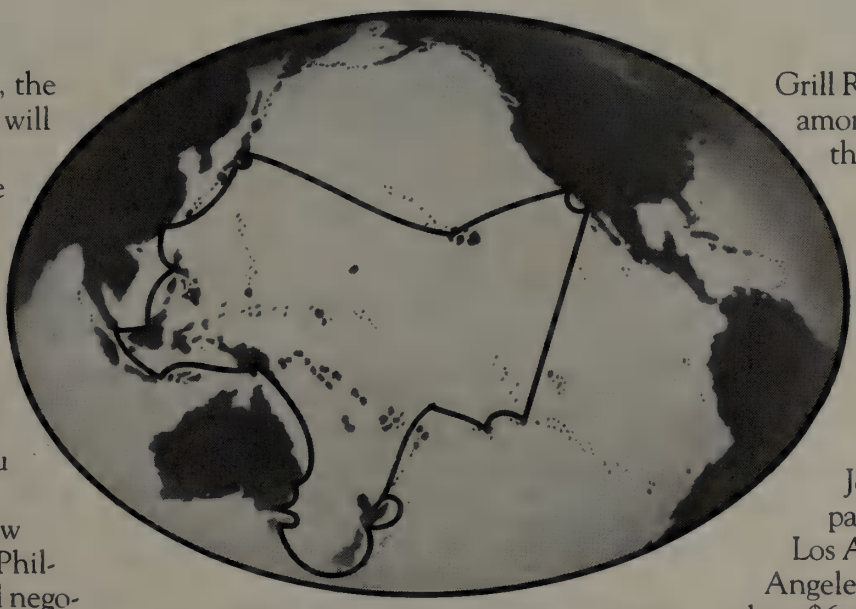

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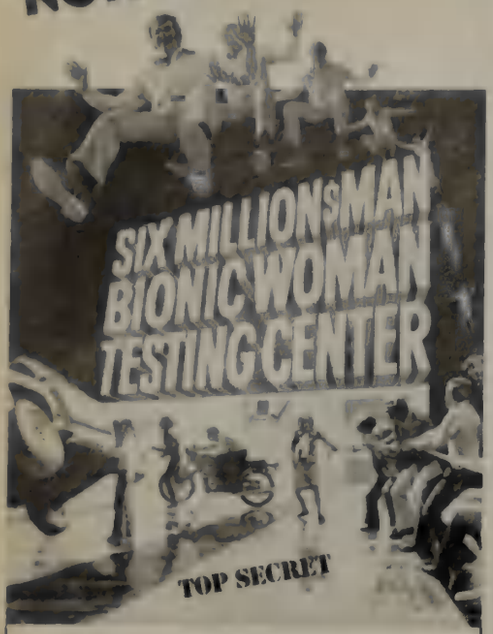

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shows; opera; bluegrass, jazz, and string bands. Some 55 artists will sell their works in a juried show and there'll be food booths, a film festival, and a children's crafts workshop (a fee will be charged for films and food).

For the festival, Main Street between First and Second streets South will be closed to traffic from noon to 9:30 Friday and 9 to 9 Saturday and Sunday.

Birds, bivalves, and backpacking at Point Reyes field seminars

A variety of in-the-field studies in natural history and ecology is available at Point Reyes National Seashore, 45 miles north of San Francisco. You can learn about bird migration, backpacking and orienteering, seashore life.

The seminars are usually on weekends and offer optional college credit. Classes are small, with 15 course titles to choose from. They meet rain or shine and you hike some 5 miles each day; fee is $23 unless noted (you're responsible for your own food and lodging).

Here are the courses: Breeding birds and their habitats (June 11-12); Point Reyes flora (June 11-12); nature photography (June 18-19); Miwok Indians (June 18-19); environmental education (June 20-24, fee $85); biotic communities (June 25-26); seashore life (July 2-3); geologic evolution at Point Reyes (July 9-10); backpacking (July 16-17, fee $15); early uses of native plants (July 23-24).

Also: fire ecology (August 6-7); leading children in the outdoors (August 13-14); seldom-seen mammals (August 20-21); history of Point Reyes (August 25-26); bird migration (September 24-25).

To sign up, send your name and address plus course title and fee to Seminars, Point Reyes National Seashore, Point Reyes 94956; or call (415) 663-1093. □

JERRY FRIDRICK

Point Reyes *study group examines replica of Miwok bow and real and replica arrowheads*

For travel planners, a June check list

Guidebooks for foreign travel. You'll find a list of the maps, guidebooks, and touring aids you'll need for many foreign destinations in a new 22-page catalog. It includes Nagel, Fielding, Frommer, and Michelin travel guides, European city maps and Mexican state maps, cassette-tape walking tours and foreign language lessons, guides to European train travel, and some travel accessories. You can order the $1 catalog (price to be credited to any subsequent order) from the Forearmed Traveler, Box 26424, San Francisco 94126.

Wilderness outings. Throughout the summer months you can join 5 to 10-day outings by horseback or canoe, or go hiking with pack stock in various wilderness areas. Prices range from $200 to $500. For further information, send a stamped, legal-sized, self-addressed envelope to the American Forestry Association, Trail Riders of the Wilderness, 1319 18th St. N.W., Washington, D.C. 20036.

Greece and dancing. September 17 is the departure date for a 20-day excursion to Greece that will emphasize the music and dance of that country. You'll have several days of free time for sightseeing in Athens, then experience Greek culture during visits to Navplion, Sparta, Olympia, and Delphi, before journeying to Crete and Rhodes. The $1,460 cost includes round-trip transportation from San Francisco, lodging, and two meals daily. For details, see a travel agent or Peninsula Travel Center, 604 Santa Cruz Ave., Menlo Park, Calif. 94025.

Explore the South Pacific. You can experience both the quiet and bustling sides of Polynesia on one of four 23-day excursions. In Samoa and Fiji you'll stay in small villages to sample local life and ceremonies, sightsee, enjoy the beaches. You'll also spend several days in Papeete, Tahiti. The $1,649 cost includes air fare from Los Angeles, lodging, and most meals. For details, see a travel agent or write to GoodTravel Tours, Box 2866, Oakland 94618.

What a travel agent can do for you: Provide information on tours; reserve space on air, rail, bus, and steamship lines; make hotel, ranch, and resort reservations; take care of trip planning, including side trips and special events. Travel agencies do not charge for arranging transportation or package tours, but do charge for "custom" tour service.

Sunset School & Camp Directory

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- 50th Season
- Boys 7-14

GRIZZLY LODGE BOYS' CAMP

HIGH SIERRA north of Lake Tahoe, Portola, Ca. 3, 6, or 9 weeks, June 19-Aug. 27 2 weeks, June 26-July 9

Individual Programming geared to the interest and ability of each boy. Daily **Horseback** riding. **Bicycling,** exploring the trails of beautiful Plumas Nat'l Forest. Great adventures and excellent fishing on our campouts and **Pack Trips** to nearby Sierra lakes & streams. Riflery, Archery. Creative **Crafts**—Ceramics, Art Welding, Photography, Fly-tying. Indian Lore. At Frontier Village, Water sports—**Sailing, Water Skiing,** Canoeing, Swimming and Trout Fishing on our **14 ACRE LAKE.** For **Sports enthusiasts**—Football, Soccer, Track, Wrestling, Gymnastics, Campfire programs. Mature Counselors. See our movie, "A Day at Grizzly Lodge." Charter bus from Reno Airport. Brochure: **Joe Stein, Dir., Dept. S, 688 So. Henry Ave., San Jose, CA 95117. (408) 243-1867.**

OAK CREEK RANCH CAMP in Arizona

A real ranch camp on beautiful Oak Creek in the Verde Valley. Co-ed, ages 7-15. Field trips; horses; fishing on campus; pack trips; Grand Canyon; swimming; ceramics; leather work; canoeing; archery; riflery; southwestern travel; temperate climate. Campers enjoy excellent facilities of Oak Creek Ranch School. **Optional academic work for credit, or enrichment,** ages 12-17. Catalogue. **David S. Wick, Dir., Box 3391, W. Sedona, Ariz. 86340. Tel (602) 634-4089**

SANTA CLARA COACHING CAMP

. . . On the Campus of University of Santa Clara . . . for all boys 9–14

Conducted by the University athletic staff, 3 sessions. **July 10–16 • July 17–23 • July 24–Aug. 6. ALL SPORTS.** Residence and Day plans available. Non-denominational.

FOR BROCHURE WRITE: S. C. COACHING CAMP, Ath. Office Univ. Santa Clara, Santa Clara, Calif. 95053

Western Association of Independent Camps

Directory listing 50 resident, day and travel camps with more than 1000 seasons of combined experience. Camp programs feature a wide variety of activities with fun, adventure, creativity and challenge. **FREE DIRECTORY—WRITE OR PHONE** WAIC, INC., 17 Hernandez Avenue, San Francisco 94127. CAMP BUREAU, 600 E. Longdon Avenue, Arcadia 91006 (213/389-1188.

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For Boys and Girls 8 to 16

Horse Ranch in the beautiful country of the Redwood Empire. Specializing in horsemanship for the beginners and advanced. Trail rides, pack trips, and horse shows. Lots of riding. Proper supervision. Limited Capacity. For Folder & Reservations write or call.

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Riding and Horsemanship in fields and forests of beautiful 600-acre Mendocino County horse ranch. Live outdoors in the redwoods. Picture brochure. **ROYAL REDWOOD RANCH, Joe and Claudia Ayres, P.O. Box 112J, Comptche, CA 95427.**

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Vernal, Utah. Boys-girls 7-17; 3-7 weeks of fun, June 27-Aug.13. Riding, roping, pack trips, float Gr. River, ski Flaming Gorge, canoeing, baseball, heated pool, tennis, archery, riflery, trap shooting, xlnt food; Dir. Art Reichle, UCLA; 43 yrs. exp; Brochure, 1215 Anchors Way Dr., Sp. 93, Ventura, Ca. 93003.

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Camps

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GIRLS Ages 7-15, Aug. 1-30 (full month or two weeks)

Sierra Nat'l Forest—Central California
Established 1933 under special use permit
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- **Water Skiing**—5 speedboats, 6 top instructors
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Write or call for free brochure or appointment to see our half-hour color movie in your home.

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Ages 10-17. In the redwoods overlooking Monterey Bay. Unique blend of numerous camp activities with the chance to specialize in a particular field: Riding, Tennis, Golf, Sailing, Gymnastics, Swimming, Soccer, Scuba or Backpacking. Specialists for instructors. 820 B Glen Haven Rd., Soquel, CA 95073. 408/475-1430. Also **FAMILY CAMP.**

FAMILY AND ADULT CAMP — Montecito-Sequoia

Sequoia Nat'l Forest, Elev. 7,350′
"An All-Season Wonderland"

Enjoy scenic splendor of the High Sierra **PLUS ACTIVITIES GALORE** appealing to all age groups. • **Private Lake • Tennis • Waterskiing • Fishing • Horses • Heated Pool** and **MUCH MORE.** Choice of Summer Cabins or Deluxe Lodge. **Family Rates** start at $19.50 pp/day (4 day min.) incl. meals & supervised activities. Free brochure. (415) 967-8612. 1485 Redwood Dr., Los Altos, CA 94022.

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SUMMER FUN & STUDY

Program I Oceanography, composition, drama, math, art, study skills, snorkel and scuba diving, riding, pack trips, shop. Coed grades 2-9. Three & six weeks. June 26–Aug. 6. **Program II** Special classes in study skills, developmental reading, writing, SAT preparation, horsemanship, camping, rock climbing, soccer. Grades 8-12. June 26–July 29. WAIC & ACA accredited. Equal opportunity admissions policy. Specify program. **Catalog: Robert G. Kay, Adm. Box L, 723 El Paseo Rd., Ojai, CA 93023**

MOUNTAIN MEADOW RANCH

Co-ed, ages 8–16. Capacity 60. Enjoy 2–10 weeks in California's NE High Sierra. Adult Staff & MD. Individualized program includes English & Western Riding, Water Skiing, Pack Trips, Tennis, Special Teen Program. Fully Accredited—A.C.A. Est. 22 yrs. Brochure & Films. Winter Boarding School. **Dr. & Mrs. Jack Ellena, directors** (916) 257-4419
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SOCCER & GYMNASTIC CAMP at Portola, Ca., No. of Lake Tahoe. Aug. 21-Sept. 3; **Boys & Girls** — 7 thru 12. Choice of **Soccer** or **Gymnastic** coaching + many camp activities — **riding, sailing, fishing, water ski,** etc. Broch.: Joe Stein, Dept. SG, 688 S. Henry Ave., San Jose, CA 95117. Tel: 408-243-1867

Walton's GRIZZLY LODGE

Camps

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Girls and Boys 10 to 21 years
Collegiate Group, 17-21

There are so-called "slim-down" camps. There is only one Weight Watchers.

Fun-packed Weight control camps in magnificent locations of your choice.*

More than losing weight and learning to eat well yet properly, WEIGHT WATCHERS helps you develop your **whole** potential. Enjoy new friends, boundless activities — **tennis, riding, golf,** most land/**water sports,** exciting evening programs. Resident RN. Tuition includes 8 weeks in your local Weight Watchers classes after camp.

$1240, four wks; $1740, seven wks, No Extra Charges.

WEIGHT WATCHERS CAMPS, DEPT SS,
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***Camps in Pocono Mts, Pa; No. Car.; Wisc. & Calif.**
Operated under license from Weight Watchers International Inc Manhasset N Y 11030 Trademark owner

NAVAJO TRAILS

ROCKY MTN. RANCH CAMP – EST. 1965

● ● ● Leadership • Challenge • Learning • Fellowship **JOIN** 40 funloving CO-ED youths (ages 9-11 & 12-18) and 12 mature, committed youth leaders in a program emphasizing personal development of useful social, emotional, & physical skills. **SHARE** the responsibilities of ranch living with the usual array of "in-camp" skill-building activities. **ENJOY** the opportunity each Monday brings to be involved in a week-long adventure in one of these "out-of-camp" wilderness programs:

Horses & Outpost Packing Trips • Lake Powell Waterskiing & Sports • Backpacking, Mountaineering, Rockclimbing • Wilderness Survival & Conservation Training • Kayaking, River Running & Float Trips.

VARIED, INDIVIDUALIZED program in Utah's High Rockies & Colorful Canyonland aimed at cultivating INITIATIVE & Self-RELIANCE. ACA & WAIC accredited. $160/WK. Low cost transp. from Cal. Director: Don Sampson, Box 886 S, Los Altos, CA 94022 (408) 245-6789. THANK YOU!

Montecito-Sequoia

Camp for Girls 8-16 32nd Season
Sequoia Nat'l Forest Elev. 7,350 ft.
We Think Girls Are Something Special

Give her a smog-free, pressure-free summer of fun, learning and personal development in the beautiful **High Sierras. Private lake—Heated pool. Individual programming** for girls with varied interests. Over 25 activities all for $28 a day.

FEATURING: Western & English Riding • Waterskiing • Dramatics • Creative Writing • Outcamping • Arts & Crafts • Gymnastics • Tennis and **MUCH MORE. One** qualified staff for every **four** campers. **5 week combined program** 7-10/8-14; **3 week session** 7-24/8-14; **2 week SPECIAL INTEREST CAMPS** 7-10/7-23. • **ACA & WAIC ACCRED.** Color brochure. Dr. Virginia S. Barnes (415) 967-8612; 1485 Redwood Dr., Los Altos, CA 94022

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located on 29 beautiful pine tree covered acres. Illus. brochure: P.O. Box 767, Big Bear City, Calif. 92314

Sunset School & Camp Directory

Camps

Junior Tennis Camps
TENNIS SQUAW VALLEY USA
at the beautiful Squaw Valley Inn
THE ARIZONA TENNIS CAMP
at lovely Yavapai College, Prescott, Arizona

Boys & Girls 9-17 ■ June-Aug.
Also: hiking, horseback riding, swimming, etc.
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U.S. SPORTS DEVELOPMENT Dept. S
1 Embarcadero Center ■ Suite 2614
San Francisco, California 94111 ■ 415 ■ 781-6161

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Grades 3 thru 9

- June 20—July 5 • July 6—July 23
- Or Entire Five Weeks Optional

★ Tennis Clinic—Beginners & Advanced
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★ Tutoring in English, Reading & Math Optional

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For brochure write or call: **Director, Summer Programs, Santa Catalina School, Monterey, CA 93940 PH: 408/373-0651** **ACA Accredited**

Saint Mary's College Athletic Camp

For boys and girls 8–17 on campus of famed Galloping Gaels. Jim McDonald heads football staff, baseball under Miles McAfee, well known pro scout; Frank LaPorte, leading No. Cal. cage authority, directs basketball. Session for football is June 26, basketball July 24 and 31, baseball July 31. Soccer, July 3, 10, 17, 24; Volleyball, July 10, 17; Girls' basketball, June 26; Girls' activities (dance, swim, gymnastics, tennis), July 3. Fee: $129 resident, $110 day. Brochure: **Dr. Don McKillip, St. Mary's College Athletic Camp, Moraga, CA 94575.**

CAMP PACIFIC for boys 7–17. On the ocean 35 miles North of San Diego. Founded 1943. Surfing, water skiing, sailing, canoeing, Olympic pool. Varied land sports. Also academic courses. Enrollment 6 or 3 weeks, June 26-Aug. 6. Accredited. Catalog: **Camp Pacific, Box SU, Carlsbad, CA 92008. Phone 714-729-2385.**

GIVE YOUR CHILD A WONDERFUL SUMMER
Boys, girls, ages 10–15 will be accepted on our private island. Most land and water sports, teepees, swimming pool. French and American counselors.
Institut Francile of Canoe Island Camps Inc. Box 185, Eastsound, Wash. 98245

CAMP ODYSSEY Boys and Girls 8-13 years
Academic summer camp. Blend Reading Improvement/Recreation Fun + Professional Program Reading Instruction. Santa Cruz Mtns. Calif. Info. contact: **Don Smith, 5007 Concord Blvd., Concord, Calif. 94521. (415) 798-6457.**

Camps

SANTA CATALINA COEDUCATIONAL COLLEGE BOARDS '77
June 19 through July 23

A twin program in College prep English and Math to help you develop language and math skills for College Board exams.
Individual conferences throughout with your instructors in both courses.
In English, review emphasis is on vocabulary building, composition, and analysis of assigned college themes.
Basic math skills review and clarification include algebra, geometry, trigonometry. Advanced programmable calculators used in math problem-solving.

For further information, write or call:
Director, Summer Programs, Santa Catalina School Mark Thomas Drive, Monterey, CA 93940 (408) 373-0651

GIRLS 13–17
LOSE WEIGHT WITH THE
Sierra Weight-Walkers
Average loss 1976 — 22 lbs.

Backpack the complete 225 mile length of the spectacular John Muir Trail from Yosemite Valley to Mt. Whitney. Six week session from July 17 to August 27. Limited to 12 girls. Counselor ratio 1–3. Pace geared to group ability. Frequent lay-overs and food resupply. Controlled diet; no temptations or distractions. No backpacking experience necessary. All equipment provided. Treasure the unmatched beauty of this rewarding Sierra hike.

Directors: Linda Walter (213) 842-3171
Mel Schlossman (213) 776-8589
Mail: **235 S. Keystone St. Burbank, Calif. 91506**

Skylake Ranch Camp

80 BOYS AND GIRLS 7–14 YRS. ▪ "The camp that kids come back to." Twelfth great summer adventure. Secluded mountain ranch near Yosemite. Complete camp program, private lake, daily horseback, sports, tennis, baby farm animals, swim, nature lore, trips Yosemite. $450—3 wks. Skilled educator leadership.
J. Wendell Howe CCD (34th season) **(209) 683-7748 Box 289A, Ahwahnee, CA 93601**

RANCHO VERDE *Summer Camp* — For Boys & Girls 6-16

6-26 to 8-20. Riding, horse shows, tennis, ARC swimming, crafts, riflery, archery, hay-rides, cook-outs, beach parties, farm animals, rowing, water skiing. Mature Counselors. Member ACA & WAIC. **Send for Brochures. Mr. Delmar Miller, 3192-B Glen Canyon Road, Santa Cruz, California. Phone 408, 438-1113.**

Carmel Valley Junior Tennis Camp
Boys and Girls Age 9-17

8th Season — 1976 ■ sellout. 3 mi. from lovely Carmel Beach. Modern facilities, 2 pools, 3 week sessions: June 19-July 9, July 10-July 30, July 31-Aug. 20. Brochure available. Write or Call: 27300 Rancho San Carlos Rd., Carmel, Calif. 93921 —(408) 624-7117.

SIS-Q RANCH Tipi living at small, relaxed coed camp, ages 7-14. Flexible program includes all activities and horses. **Special Wilderness & Survival Program.** ACA Accredited. 1-8 weeks. Rt. 1 Box 62B1, Fort Jones, Ca. 96032

JIM RYUN SPORTS CAMP — co-ed ages 10-18
This summer run with Olympians Ryun, Doris Brown Heritage, Madeline Manning Jackson, in a Christian atmosphere. 3 - 1 week resident running camps. 1 - 1 week resident all-sports camp. Santa Barbara, Tulsa, Okla., and Oberlin, Ohio. For free brochure write or call: P.O. Box 6266, Santa Barbara, CA 93111. (805) 964-8387. Please include phone number

Camps

CLOVERLEAF RANCH SUMMER CAMP

Western Ranch Camp, For Boys & Girls 7-15
"Buzzard's Gulch" Ghost Town, 180 acre operating ranch. Emphasis on Horseback riding and horse shows. Swimming (lake and heated pool), riflery, fishing, boating, campouts, and etc. 30th year.
Ron and Ginger DeGrange
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BOB MATHIAS SIERRA GIRLS CAMP

One of America's Truly Fine Camps — Ages 8-16 Indiv. prog. Mature staff. Land, Water Sports, Western Riding, Guitar, Arts, Music, Drama, Crafts, Gymnastics, Dancing, Ecology, Trampoline, Archery, Hiking, Overnights, Campfires & Skits. Special Activities with Boys Camp. **Phil Slaton, Snowline-Kings Canyon National Park, CA 93633 (209) 336-2514.**

BOB MATHIAS SIERRA BOYS CAMP

Our Campers Return Season After Season
Ages 8-16. Indiv. prog. Mature staff, 1-4 ratio. The fun starts here. **Featuring:** Indiv. team sports, Pack Trips, Water Sports, Archery, Riflery, Trampoline, Track & Field, Baseball, Basketball, Riding, Crafts, Wrestling, Wt. Lifting, Survival. **Phil Slaton, Snowline-Kings Canyon National Park, CA. 93633. (209) 336-2514.**

ECHO MOUNTAIN RANCH
A joyous CHRISTIAN camp time for:
52 Boys & Girls—8 to 15 yrs. July 3 to Aug. 31
Your child is special to us, *too!*

Good care, good food, good fun, good friends, at beautiful ranch-home convenient to the S.F. Bay Area. Program includes: Our own well-trained string of western horses; vaulting on horseback (exciting!); swimming; fishing, sailing; woodshop, ceramics; building; ecology, cooking; drama; archery; tutoring. **Write: Mrs. "B," 19103 Bear Creek Rd., Los Gatos, CA 95030. Or phone 408-354-7703.**

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49 Ranch
BOYS - GIRLS 6–14
Near St. Helena just 65 miles north of S.F.
Napa Valley
Summer Fun and Adventure

1026 acre Operating Ranch — Riding! Sailing, Swimming, Archery, Fishing, Crafts, Farm Animals, Gardening, Campouts. $120.00 per week includes everything. (Scholarships—Integrated.) Begin 6/19. College Counselors. MEMBER ACA. Brochure. Ed Keith, 32 Primrose Road, Burlingame, California 94010 — office 415-348-7004 Days.

Castilleja Summer Camp *Six Weeks of Fun*

For girls Ages 8-13 Boarding and Day. We offer two 3-week sessions starting July 10 and ending August 19 of sewing, cooking, drama, tennis, swimming, dancing, art, riding, gymnastics and tumbling, and indoor sports.
1310 Bryant, Palo Alto, CA 94301, Dpt. S, 415/322-2130
Headmaster: DONALD R. WESTMORELAND
Director: STEVEN T. SAN JULE
Brochure available upon request.

CHOLAME CREEK RANCH Coed age 8-1 Jun. Jul. Au

Near Paso Robles, Ca. Horsemanship, horse science, trail rides, moonlight rides, campouts, wildlife studies, swimming. Enrichment program. Proper supervision. Good food. ACA accredited. Brochure. **P.O. Box Cholame, Ca. 93431. Phone 805-463-2320.**

INDEX OF DIRECTORIES • School and Camp Directory the first of five Directories which appear regularly in each issue of SUNSET Magazine. The other four Directories are:

Travel Directory p. 13 **Garden Center** p. 2
Western Grocery Dir. p. 176 **Shopping Center** p. 2

Sunset School & Camp Directory

Camps

K ARROW RANCH

6,000 ACRES OPERATING RANCH
Co-ed, Ages 8–17 June 19–Aug. 27th
2 week sessions or longer

Emphasis on **Western Riding** (daily), **Waterskiing** (our own private beach), **Tennis, Jr. Rodeo Events,** roundups, hayrides, sailing, swimming, canoeing, fishing, overnight campouts, campfires, riflery, crafts, field trips, sports and more. Mature staff. Free brochure. **Write or Phone**

John & JoAnn Terry
Box 157-P
Jamestown, Ca. 95327
(209) 984-3925 — (209) 847-5269

ACA ACCREDITED CAMP

CAMP BEAVERBROOK

BOYS AND GIRLS, 7 to 15

On Cobb Mtn., Lake Co., Calif.

Fun of farm, forest, mountain, stream — where Pomo Indians camped. Sleep in tee-pee tents by stream — home of beaver, trout, turtles, frogs; **Western, English riding, tennis,** NRA riflery, archery, farm chores, building, drama, crafts, ecology, nature; swimming, fishing, sailing and canoeing in camp pond, stream or lake; **Water skiing, canoe,** pack & nature trips available. Trans. TO camp incl. Special programs, ages 7-9, 10-11, 12-14. Leadership training program (CILT) ages 15-17

Write Bob and Marian Brown, Box 306S, #7 Ardilla, Orinda, CA 94563; Phone (415) 254-5960. Member ACA and WAIC.

Venture Valley

Boys & Girls 7-14
Santa Cruz Mountains

Everything you want in a camp . . . and much more. A life-enriching experience where children learn to value themselves and others. A chance to explore and discover in the magic world of the redwoods . . . along the beach of Monterey Bay. A spirit of adventure and sharing where fun, work and friendships are cherished. Riding, Swimming and more. Qualified staff who care. Brochure. **Bonnie Wendt, Venture Valley, Box 6, Corralitos, CA 95076 (408) 724-9025**

St. Mary's Residence School
Summer School Summer Camp

June 26 - July 29
Grades 4 through 8 — Small Classes
Conducted by the Christian Brothers
Now in our 107th year of Christian education
Write or Call
BROTHER DIRECTOR, F.S.C.
P.O. Box 510, Napa, California 94558
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FOR BOYS AND GIRLS - SEPARATE CAMPS

Separate camps. On Pecos River, near Santa Fe. Boys —riflery, skeet, riding, swimming, fishing, tennis, pack trips, crafts. Girls—riding, fencing, swimming, tennis, dance, art, music, drama, nature, pack trips. Coed 15-17, Backpack Adventure. Two terms. 505/757-8772. **Newcomb S. Rice, Box 2450, Santa Fe, N.M. 87501**

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Camps

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June 19—July 23

A unique, five-week course covering techniques in scientific micro-photography, use of the flash in photographing birds, insects, marine life, precious stones. Individual instruction in color film print control, composition and comparison of color and black and white photography, use of large format cameras to control perspective, exhibition printing. Open to students and adults.

For further information, write or call:
Director of Summer Programs, Santa Catalina School
Mark Thomas Drive, Monterey, CA 93940
(408) 373-0651

SHADY LAWN FARM

53rd Year June 26-Sept. 3

RIDING CAMP FOR GIRLS 7-15

2-week Sessions—or longer

Daily riding classes (English, Western, arena, trail), horse science course, horse vaulting, horse shows. Instructors certified through Camp Horsemanship Assn. Red Cross pool and lake swimming, sailing, canoeing, water skiing, fishing, crafts, campfire programs, organic garden and orchard, home-raised beef. Brochure.

Mr. and Mrs. Ernest Orr
SHADY LAWN FARM
Oakdale, CA 95361
Phone (209) 847-1942
ACA and WAIC Accredited

EARTH CAMP ONE

7th year

". . . run on the principles of John Muir"
— *National Geographic*

"Survival of a different sort . . ." — *Newsweek*

Mt. Shasta Wilderness. Coed 9-16. Fully accredited. Backpacking, Canoeing, Crafts, Natural Foods Kitchen, Organic Gardening, Photo Lab, River Floats, Sailing, Spring-fed lake, Snow Mountaineering, Self-Sufficiency, Yoga & much more. Info: E.C.O. Box S, Montgomery Creek, CA 96065.

EL ADOBE RANCHO

550 acre operating Sonoma Mountain cattle ranch and summer camp for boys and girls, 6-17. Horseback riding • horse shows • rodeo • animal care • swimming • canoeing • Honda Trail Rides • fishing • riflery archery • campouts • hiking • dancing • vaulting

Owners, Mr. & Mrs. Reno Pronzini, 3268 Adobe Rd., Dept. S, Petaluma, CA 94952. Phone: 707-763-1011.
Write or call for brochure

Camp Cayucos

A wonderful summer adventure for boys and girls, 7-14.
Horses • Swimming • Backpacking •Crafts • Indian Lore • Nature Trails • Beach Trips • Cook Outs and More!!
Phone (805) 995-3754 or write:
Camp Cayucos, Santa Rita Road, Cayucos, Ca. 93430

Camps

LOSE WEIGHT

SLIM 'N TRIM DOWN

At a multi-million dollar COLLEGE CAMPUS

Enjoy a fun-filled summer of professionally supervised **WEIGHT LOSS, RECREATION, HEALTH and BEAUTY**

REDUCE and SHAPE UP
LOSE 20-45 POUNDS at
WHITTIER COLLEGE
Whittier, California
other campuses N.Y., Pa., N.C., Mass.

TEEN GIRLS 13-17
YOUNG LADIES 18-29

Send for brochure. Include phone number.

ACA ACCREDITED CAMP

CAMP Camelot

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(916) 933-0103

Directors: Thelma & Joe Hurwitz
Morton B. Glenn, M.D. Nutrition Consultant
2465 N Starmount Way, El Dorado Hills, Ca. 95630

SANTA CATALINA COEDUCATIONAL MARINE BIOLOGY '77

Open to Grades 10 through 12

- June 19 to July 15 • July 18 to July 29
- Option of first 4 weeks in Monterey, last two weeks in Hawaii, or entire 6 week program

★ Use the Monterey Peninsula's rocky coastline as a natural lab for your study of marine population
★ Continue your research in the new modern lab on campus
★ Snorkel and dive off reefs of Oahu in Hanaumu Bay to satisfy your curiosity about the environmental movement and coastal ecosystems.

For full details write or call: **Director, Summer Programs, Santa Catalina School, Mark Thomas Dr., Monterey, CA 93940, 408/373-0651.**

RANCHO OSO

Ranch living experience for boys and girls 8 - 14. Riding, swimming, gymnastics, nature lore, crafts, animal care. Five 2-week sessions June 26-Sept. 3.

ACA & WAIC accredited.
For brochure or reservations write:

Pat & Suzy Faverty; Rancho Oso Summer Camp, Star Rte.-S, Santa Barbara, CA 93105

PACK TRIPS FOR GIRLS Horse Pack Trips into the rugged South Warner Wilderness of Northern Calif. Expertly guided for girls 12 and over. Each girl has own horse for an unforgettable 2 week trip. Riding, fishing & swimming in cool mountain lakes. **For info., schedules and rates write: Don Collis Pack Trips, Alturas, Calif. 96101.**

Schools

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ZENIA, CALIF.—BETWEEN EUREKA & UKIAH

UNIQUE EDUCATIONAL ENVIRONMENT COMBINING A HIGH SCHOOL CURRICULUM WITH MOUNTAIN RANCH LIVING

• RESIDENTIAL • CO-EDUCATIONAL • GRADES 7-12
• CALIF. H.S. DIPLOMA • CREDENTIALED STAFF

NOW ACCEPTING APPLICATIONS FOR SUMMER AND FALL, 1977

FOR FURTHER INFORMATION WRITE: JOE AND PAMELA ZALLEN
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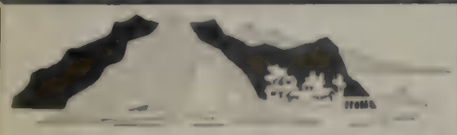

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After admiring the steeds you may want to jump into the saddle yourself. Point Reyes contains 70 miles of equestrian trails, and two nearby stables rent mounts, though not Morgans; rates are $5 the first hour, $3 each additional hour, $20 per day. For more information, call Five Brooks Stable at (415) 663-1510 or Bear Valley Stables at (415) 663-1570.

To reach the farm, open every day from 8 A.M. to dark, take State Highway 1 to Bear Valley Road (½ mile north of Olema). Drive to park headquarters and follow the signs to the farm. □

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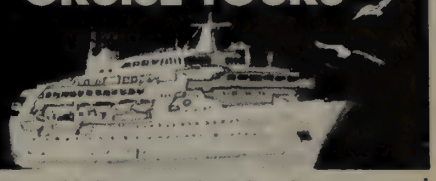

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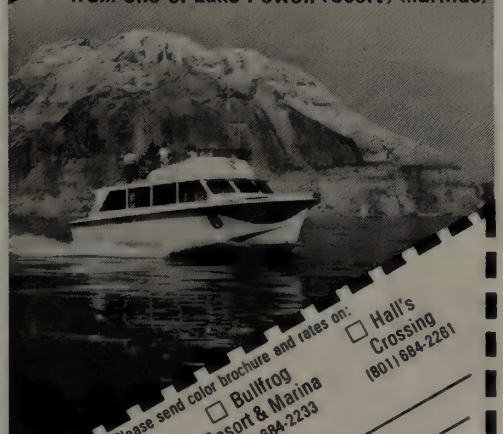

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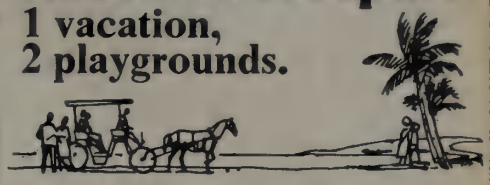

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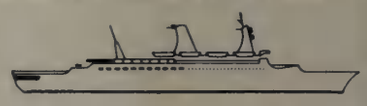

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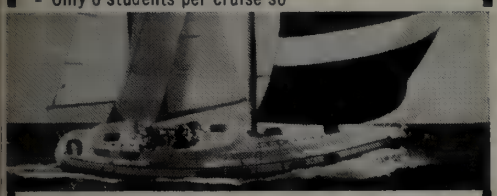

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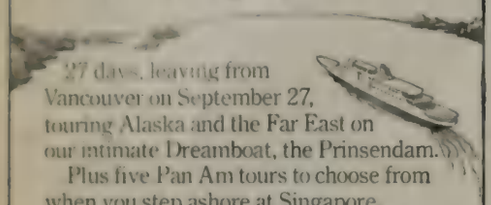

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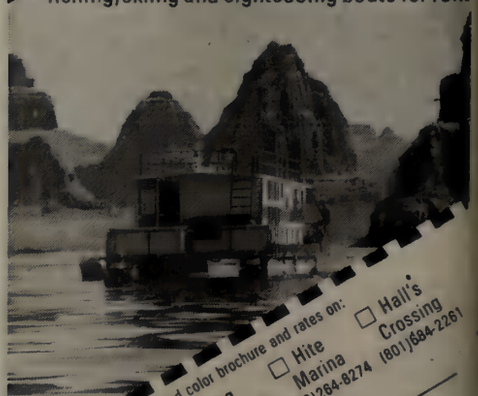

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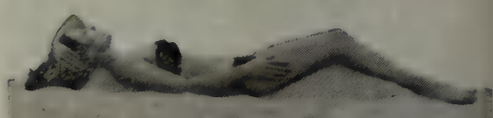

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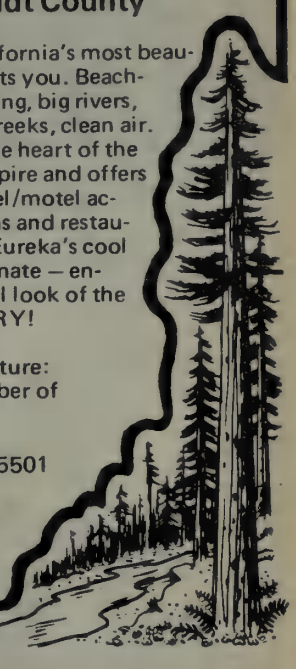

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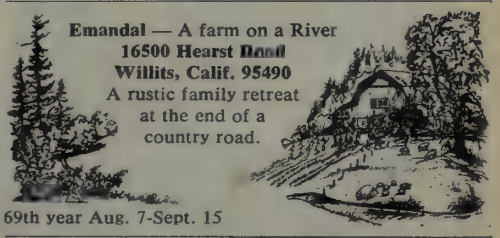

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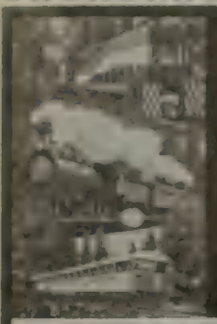
Redwood Empire / North Coast



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FROM WILLITS (HWY 101)

☐ Lv. 8:50 A.M., or ☐ 1:45 P.M., 4 hr. Northspur rdtrip, diesel Super Skunk. $5.75 adult; $3.25 child.

☐ Lv. 8:50 A.M., 8½ hr. Ft. Bragg roundtrip, diesel SS one way; steam return. $8.20 adult; $4.10 child.

FROM FT. BRAGG (HWY 1)

☐ Lv. 9:20 A.M., or ☐ 1:35 P.M., 3 hr. Northspur rdtrip, steam Super Skunk. $5.75 adult; $3.25 child.

☐ Lv. 9:20 A.M., 7½ hr. Willits roundtrip, steam SS one way; diesel return. $8.20 adult; $4.10 child.

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Redwood Empire / North Coast

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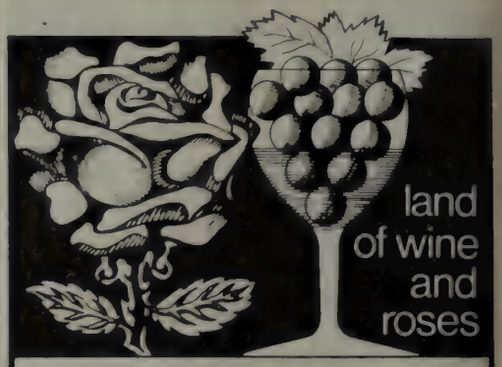
Redwood Empire / North Coast



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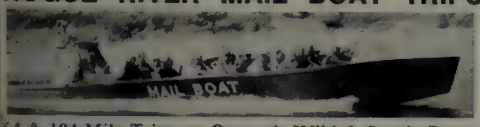

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Oregon

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Oregon

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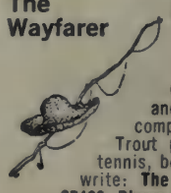

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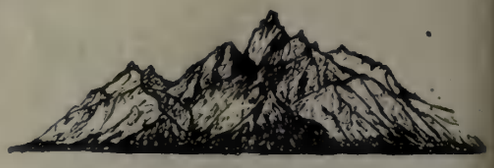

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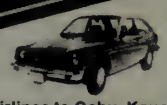

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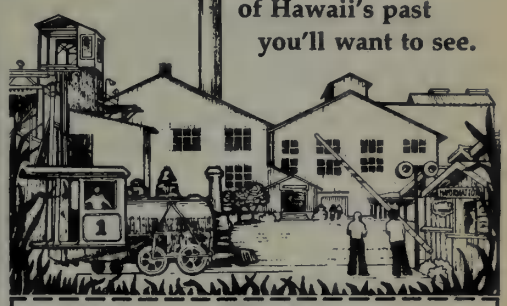

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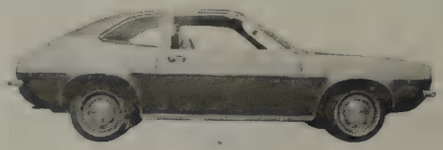

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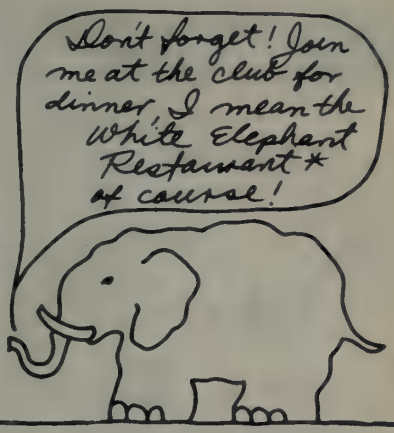

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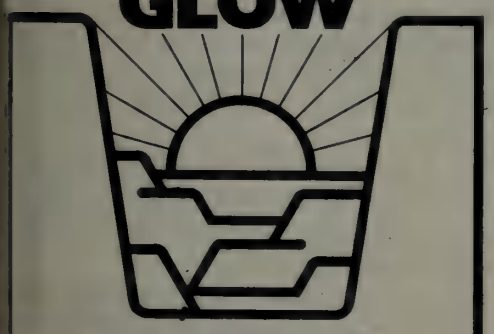

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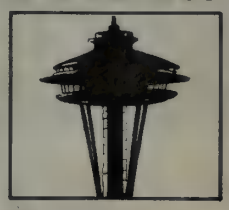

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TRAVEL DIRECTORY IS CONTINUED ON PAGE 35

MICHAEL SPECTOR

Clams freshen up *in holding tanks after long journey from native Long Island*

East Coast shellfish at Moss Landing

Can you buy live mussels, oysters, clams, and lobsters from the East Coast and Dungeness crab from British Columbia in northern California in June? Yes—at the American Shellfish Corporation in Moss Landing. Purified saltwater holding tanks are the secret.

Shellfish are regularly air freighted to the Bay Area alive but hardly fresh out of water—Eastern oysters and clams may take up to a week to arrive in our markets. But when held in saltwater tanks upon their arrival, as at the Moss Landing company, the shellfish are revitalized and can taste as fresh as when first harvested.

The holding tanks can also extend the season for buying such shellfish as mussels beyond the time when they can be taken from the ocean.

The purified water also cleanses the shellfish. Clams held in these tanks, for example, rid themselves of sand.

Of the roughly 40,000 pounds of shellfish the company sells from its tanks each month, most goes to Bay Area restaurants. But you're welcome to drive to the company headquarters in Moss Landing, about midway between Monterey and Santa Cruz, and pick up your own supply.

In town look for Moss Landing Road, which leads to Sandholdt Road. Turn right, cross a one-lane bridge, and proceed to American Shellfish, the last building on the right. It's open from 8 to 5 Monday through Saturday, 11 to 2 on Sunday. Prices are retail. □

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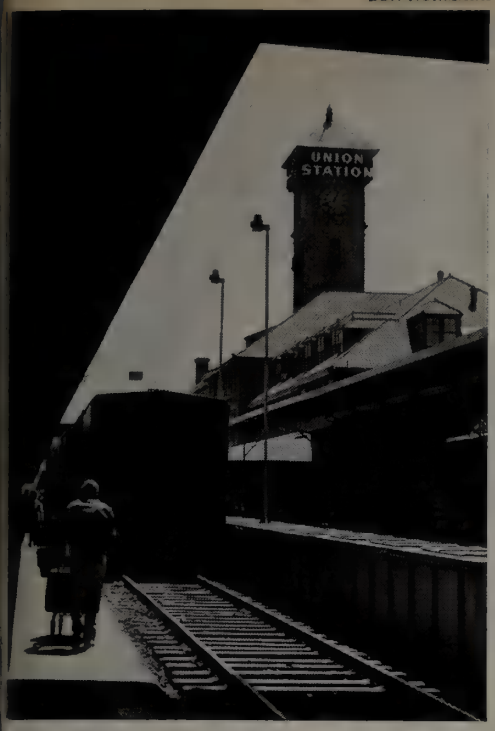

Portland's Union Station, *built in 1890, will be a stop for The Pioneer*

Once again... train to Salt Lake City

Amtrak's newest train begins daily service between Salt Lake City and Seattle, and vice versa, on June 7. The train has been christened *The Pioneer* and the name suits it well: It pioneers a route closed to passenger travel since 1971, one that parallels a long stretch of the settlers' Oregon Trail.

Various amenities have been promised for *The Pioneer*, including bright new Amfleet cars and quick food service. Probably the finest amenity, though, lies outside the train windows: farms, forests, and the great slash of the Columbia Gorge. Such scenery made explorer Meriwether Lewis proclaim in 1806: "In short it is a beautifull fertile and picturesque country."

Westbound trains leave Salt Lake City at 10:15 P.M. and arrive in Seattle at 9:20 the next evening. Eastbound trains leave Seattle at 7:30 A.M. and pull into Salt Lake City at 8 the following morning. Intermediate stops include Tacoma, Portland, Pendleton, Boise, and Ogden.

At Ogden the train connects with the *San Francisco Zephyr* to San Francisco or Chicago. Unfortunately, the train doesn't connect conveniently with the *Rio Grande Zephyr* eastbound from Salt Lake City to Denver, though passengers traveling west from Denver can easily switch to *The Pioneer* and ride on to Seattle.

One-way coach fare between Salt Lake City and Seattle is $65. □

The Sunset Travel Directory

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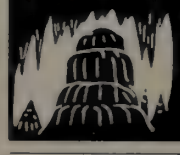

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FRANK JENSEN

Salt Lake Genealogy Library *has family records from around the world, and a view of nearby Mormon Temple*

Tracking down your kinfolk

This summer many Westerners, perhaps inspired by *Roots*, are seeking out their own ancestry by packing passports and magnifying glasses for a tour of dusty foreign halls of records and damp parish graveyards.

Those trips may not be necessary. The Mormon Church has made the United States a storehouse of many of the world's genealogical records, and it welcomes anyone to prowl through its immense collection in search of a forgotten past. Some of the material—150,000 printed volumes—is found only in the church's Genealogical Department Library in Salt Lake City. But you can request copies of records from the microfilm collection—the equivalent of 4⅓ million volumes of 300 pages each—at 140 branch libraries in the West.

Mormons are encouraged to baptize their ancestors into the church, and to help them find out who those forebears were the church has created the world's largest genealogy library in its ice-white office building at 50 E. North Temple Street (near Temple Square). Records are also stored in vaults blasted into the side of Little Cottonwood Canyon, southeast of the city, but those vaults aren't open to the public.

The collection covers North America (though, surprisingly, records weren't efficiently kept in many parts of the U.S., especially the South) and Europe (the collection is very strong in northern Europe and the British Isles, weaker in eastern Europe and Russia). Some Asian, Polynesian, and South American material is available, and the church currently has 80 cameras microfilming more records throughout the world.

Besides its vast collection, the library has a staff of 60 reference consultants. While they won't do your research for you, they will try to guide you to the right shelf of ship's passengers lists, microfilmed chronicles of Vermont marriages or whatever. If your ancestors came from Stockholm but you speak only English, you'll find library translators for Swedish and many other languages.

If you aren't interested in doing the work yourself, the library will give you a list of accredited genealogists, most of them in the Salt Lake area. For a fee of $5 to $15 an hour, they'll track your kinfolk down.

The library is open Tuesday through Friday from 8 A.M. to 10 P.M.; Saturday from 8 to 5; Monday from 8 to 6; closed Sundays. Mondays, evenings, and early mornings tend to be less crowded.

Those who can't get to Salt Lake City can still begin forays into the past at one of the church branch libraries. All contain card catalogs for the Salt Lake collection and can request microfilm material for you; several also hold some duplicate records. The following cities have branches (for addresses, look in the telephone book under Church of Jesus Christ of Latter-day Saints):

Northern California. Chico, Eureka, Fresno, Gridley, Menlo Park, Modesto, Monterey, Oakland, Redding, Sacramento, San Jose, Santa Clara, Santa Rosa, Stockton

Colorado. Arvada, Boulder, Colorado Springs, Denver, Denver North (Northglenn), Durango (Cortez), Fort Collins, Grand Junction, La Jara, Littleton, Meeker (Glenwood Springs)

Nevada. Ely, Fallon, Reno

Utah. Beaver, Brigham City, Cache (Logan), Cedar City, Duchesne, Fillmore, Kanab, Monticello (Blanding), Mt. Pleasant, Ogden, Price, Richfield, Roosevelt, Santaquin, South Jordan, Springville, St. George, Utah Valley (Provo), Uintah Basin (Vernal).

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It's a summer to be especially cautious around bears

W. D. STAMMERS

Picnic panic *as black bear commandeers a table at Sequoia National Park*

Tossing candy and sandwiches to bears was for years a highlight of a visit to a Western mountain park. This practice led to the common highway sight of begging black bears (called "bums" by the rangers), who waited for handouts and were dangerous because they had lost their natural fear of man.

All that has changed and there is now a fine for feeding bears in the national parks. But at the very time the parks are working to reduce the human impact on bears by hauling away refuse, installing bear-resistant trash cans, and keeping campgrounds clean, this year's drought may reduce the bears' natural feed.

When the primarily vegetarian bear comes out of his winter sleep, he normally follows spring's sprouting vegetation from the riverbottoms up to the higher elevations, feeding on grasses, mast (acorns, pine nuts), carrion, and insects. If the food chain is altered this summer, bears may be foraging more actively and could show increased interest in food brought into the parks by visitors. We've talked to naturalists as well as rangers in Western mountain parks. They agree that careful food handling and storage avoid most bear problems.

Steps for bear-safe park visits

Car campers should store food in plastic bags or in ice chests in the trunk of their cars. (The ice chest that can defeat a bear has not yet been invented.) Campers should sleep well away from their food and put garbage where bears can't get to it. Two campgrounds in Yellowstone bear terrain—Canyon and Fishing Bridge—allow only "hard-sided" vehicles for camping. At Yosemite's White Wolf, metal food lockers will be in use by midsummer.

Aromas of such foods as ham and bacon and the use of grease appear to be bear favorites. Cosmetics seem to attract them.

Backpackers who don't want to hike back to the roadhead on empty stomachs should suspend food supplies overnight from tree branches, 20 feet above the ground and 10 feet from the trunk.

When meeting a bear on the trail, give it the right of way and take a wide detour. Never get between a mother and her cubs. Wild bears usually run when they see or smell humans; grizzlies tend to be more aggressive than black bears.

In a foot race the bear will win. Several rangers advised that as a last resort you should curl up, put your hands behind your head, and remain still. None of them had tried this ploy and most said they personally would head up a nearby tree, where at least the grizzly with his straight claws is unable to climb.

For up-to-date information in the park you visit, ask the ranger at the park entrance. □

For at least 50 years, *bears have been known to tackle motor cars at Yosemite. In 1927 photograph at left, Mrs. J. H. Bryan shows what bear did to cushions of her car. At right, after breaking window, a more recent culprit sniffs interior for food*

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Bunker Hill Day comes June 19 in Sunol Valley. You are invited

JERRY FRIDRICK

Hopping *sack racers get encouragement during festivities in park meadow*

Chilly waters *of Alameda Creek await losers of this tug of war*

One-room Rosedale School in the Sunol Valley closed back in 1908, and the end-of-the-school-year celebration called Bunker Hill Day went with it. But over the last few years valley residents and East Bay Regional Park District staff have revived this turn-of-the-century event that originally commemorated our 1775 battle with the British.

Your whole family is invited to this year's Bunker Hill Day, Sunday, June 19, in Sunol Regional Wilderness, not far from the site of the Rosedale School. Arrive early, bring a picnic, and prepare to join in a variety of old-fashioned contests, games, and activities.

First event of the day, starting at 10:30 A.M., is a foot race up 1266-foot-high Flag Hill. Less energetic folks who would rather walk than run can take a leisurely hike to historic sites with a park naturalist.

After lunch, take your choice of events. You can square dance or enjoy old-fashioned recreations in the meadow—including egg toss, sack races, blindman's buff, and red-white. Indian games and lessons in acorn cookery and face painting will be held nearby. Competitive types can enter a pie-eating contest or a tug of war across Alameda Creek. And if you want to learn how pioneers in the area lived during this period, you can watch demonstrations of horseshoeing, sheep shearing, wool spinning and weaving, woodchopping, and harness making.

Fingers out, *palms up, eyes closed; she's ready to catch that raw egg*

To get to the park from Interstate Highway 680, take the Calaveras Road exit and follow it to Geary Road, which leads to the park entrance. On weekends and holidays, there is a 50 cent vehicle entrance fee. The park is open from 8 A.M. to dusk daily; alcoholic beverages are *not* permitted. □

Her petticoat flying, *square dancer twirls before partner leads her on a promenade*

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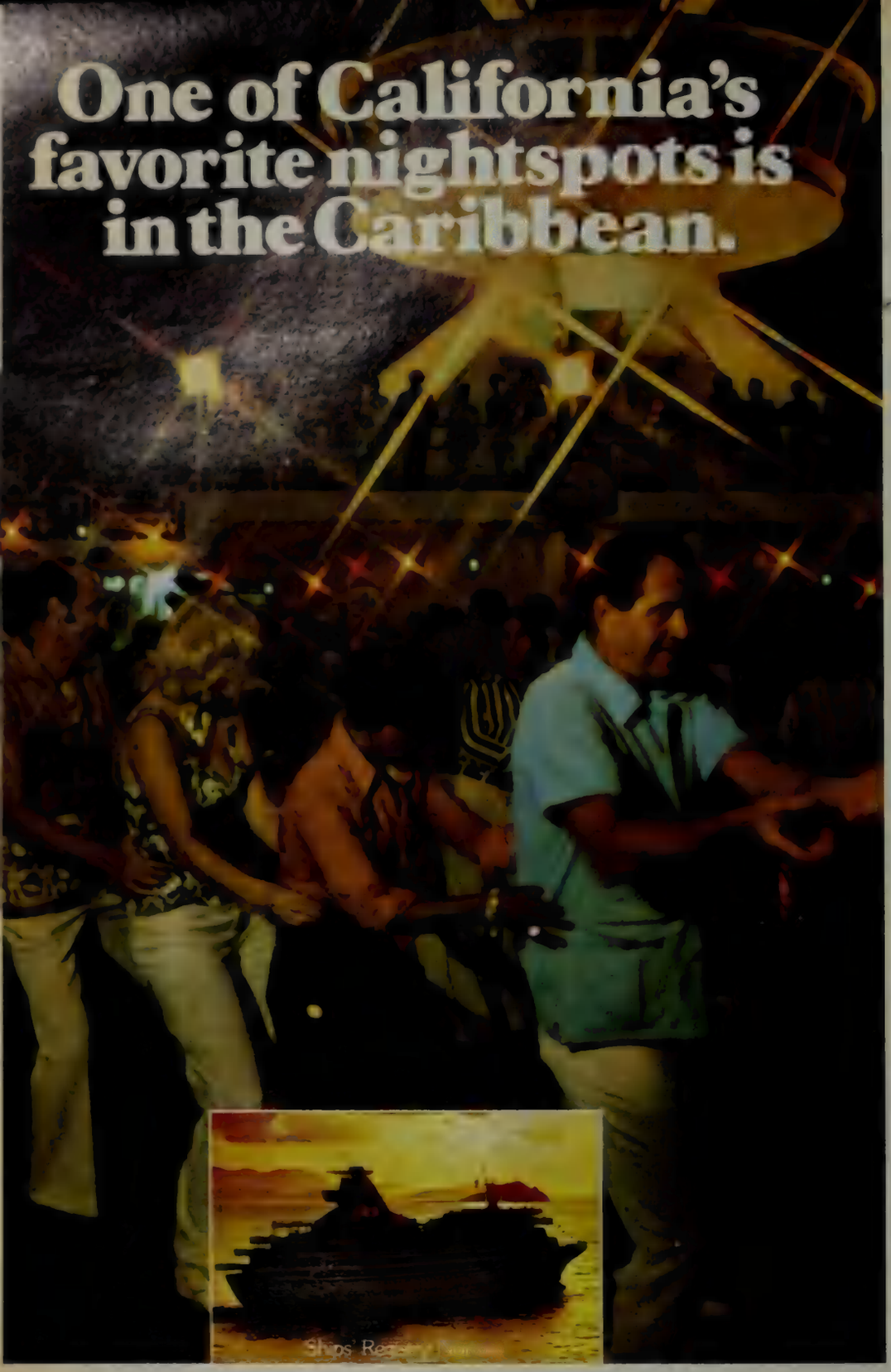
One of California's favorite nightspots is in the Caribbean.



If you like a night spot that really moves, we recommend Sun Viking or Nordic Prince. When it comes to night life they really shine.

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For canyon-country travelers between Zion and Grand Canyon national parks, the dunes are an easy detour for a short visit or overnight camping.

Cupped in a basin at the foot of crumbling, vermilion-hued Navajo sandstone cliffs, they are the product of erosion. Centuries of weathering by wind and rain have deposited rolling hills of fine sand that now cover roughly 3,000 acres of high desert. But the color of the mother rock has not been lost in the process—when the sun is low in the early morning and especially the evening, the hues range from a delicate rose to deep rust.

You can easily scramble over the dunes, and see no footprints but your own. The slightest breeze sets the sand in motion, quickly obliterating signs of previous trespass. There is a wonderful sense of discovery—as if you are the first to explore this undulating ocean of sand.

To get to the park, turn off U.S. 89 onto a paved county road about 13 miles north of Kanab (the turnoff is well signed). Follow this road about 11 miles to the park entrance. There is a resident ranger and a 20-unit campground with water and modern restrooms. Overnight fees are $2. To be sure of a campsite in summer, arrive early. □

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Three-masted *Star of India is moored right off San Diego's Harbor Drive. On board you can have a try at capstan that sets the sails*

Ship touring in San Diego... 19th-century windjammer and ferry, 20th-century warships

Once-crowded *deck of the Berkeley now welcomes tourists to see its stained glass windows, wood benches*

The three vintage vessels moored at the Maritime Museum, just north of the B Street Pier in San Diego Harbor, stand in sharp contrast to their next-door neighbors—modern steel Navy ships equipped with sophisticated weaponry and detection devices. But both welcome you aboard for a close-up look.

Captain's chair *on bridge of frigate U.S.S. Hepburn offers untraditional view*

For almost 15 years the 19th-century windjammer *Star of India* was the entire Maritime Museum. Completely restored, and fully rigged on holidays and most summer weekends, she is the world's oldest merchantman still afloat: She even sailed (the first time since 1923) last July for the Bicentennial. You can look in on the galley and captain's quarters, and view a variety of marine exhibits below deck.

Added to the museum three years ago were the 1898 ferryboat *Berkeley* and the steam yacht *Medea*, built in 1904. The *Medea*, fully restored (including her teak deck and housing), began her career in Scotland, carrying hunting expeditions. During both world wars, she served as a patrol boat in the English Channel.

The *Berkeley*, used as a ferry between San Francisco and Oakland until 1958, is being restored. You can explore the enormous enclosed deck (with space for 1,700 passengers), which still has its original carved wood paneling and stained glass windows. The main deck contains a naval memorial museum and a display of ship models.

Admission to the Maritime Museum, $2 for adults and 50 cents for youngsters 4 to 12, includes all three vessels. Hours are 9 A.M. to 8 P.M. daily.

San Diego is also home port for about 130 modern Navy ships and there's a free open house on one of them every Saturday and Sunday (except during occasional emergencies) from 1 to 4 P.M. You'll see one of the 17 different types of ships in the fleet—perhaps a destroyer, a guided missile cruiser, or an amphibious warfare ship. You won't see an aircraft carrier (it's too big to dock at the pier) or a submarine (too small to accommodate large crowds)—except during the Navy's birthday celebration in October.

The ship open to visitors is usually moored at Broadway Pier, or sometimes at the Navy Pier next door. Tours are self-guided, with signs along the way to keep you going in the right direction. Navy personnel are on hand to answer questions and demonstrate equipment. □

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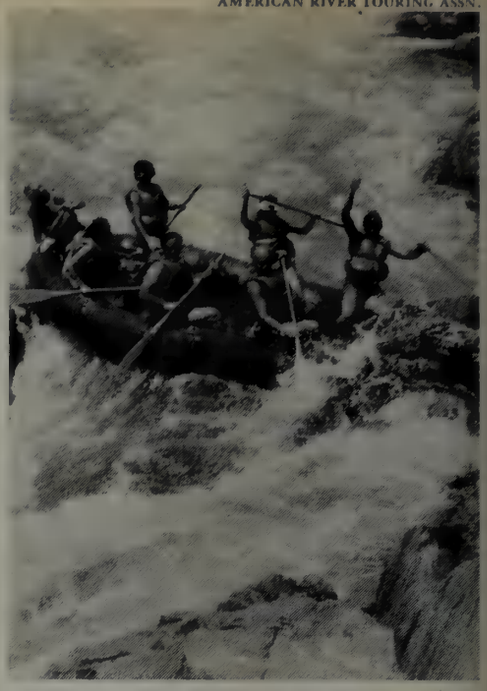

Idaho's Salmon River *still provides a thrilling ride, despite the drought*

River runs in a dry year?

Two years of drought have brought much worry to the West—and for river runners and would-be runners, much doubt. Some streams are indeed impassable, and some will have shorter seasons than usual. But many still offer enough rapids to make you feel terrified, triumphant, and wet.

Here's an update on the most popular commercial river-running areas west of the Continental Divide. (Montana, Wyoming, Colorado, and New Mexico rivers controlled by dams are only slightly lower than normal.)

For more information, write to the state organizations listed below, the Pacific Rivers Outfitters Association, 6505 Telegraph Ave., Oakland 94609, or the Western River Guides Association, 994 Denver St., Salt Lake City 84111.

California. The state has been hard hit by the drought, and outfitters have abandoned favorite Sierra rivers, notably the Merced, Stanislaus, and Tuolumne, for the Klamath. This north-coast stream should flow at more than half its usual strength, and support good rafting through August.

Some outfitters are accepting reservations on rivers—including the popular American—that may have scattered good days or weeks early in the summer. But even that possibility looks increasingly doubtful.

Oregon. The Rogue River's low but dependable flow (it will run at normal late-

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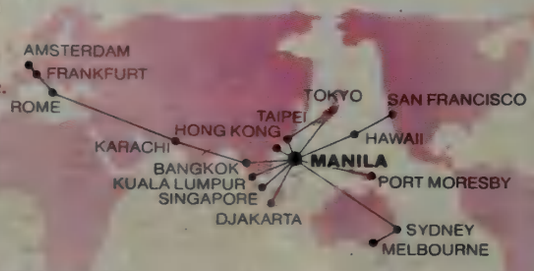

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mmer levels all season) should insure joyable trips through August. More ex-rienced river runners can head for the eschutes and the McKenzie, which ould flow at near-normal levels. But stern Oregon rivers like the John Day, rande Ronde, and the Owyhee are dis-pointingly dry. Write to the Ore-n Guide and Packers Association, ox 722, Lake Oswego 97034.

aho. Rivers are running at a mere 30 40 percent of normal, but the low wa-level may actually lengthen the sea-n and provide more white water than ual on the Snake and the Salmon's ain Fork. Outfitters will run the Salm-'s Middle Fork until late July; the lway should be at its difficult best in e June and early July. Write to the aho Outfitters and Guides Association, ox 95, Boise 83701.

tah. Thanks to late snow and to water leased from Flaming Gorge reservoir, e Green and Colorado rivers will run greater than normal levels this sum-er. Write to the Utah Travel Council, ouncil Hall, Capitol Hill, Salt Lake ty 84114.

rizona. After mid-June enough water om Lake Powell will be released into e Colorado to carry large boats rough the Grand Canyon all summer. it these are enormously popular trips -make your reservations now.

laska and British Columbia. Adventur-s souls may find July and August od time to discover the many rivers— e Quesnel, Cariboo, Tatshenshini, and obuk, to name a few—of the far orthwest. They will flow at their usual vels through scenery of unusual wild auty. Write to the Division of Tour-n, Pouch E, Juneau, Alaska 99811; or ourism British Columbia, 1117 Wharf ., Victoria, B.C. □

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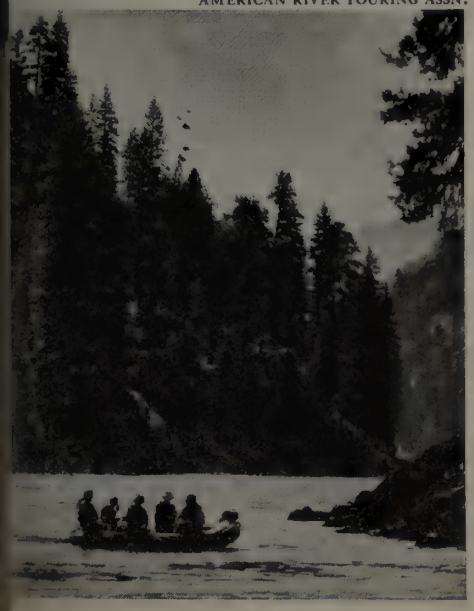

ars, not motors, will be favored on wer than normal streams this summer

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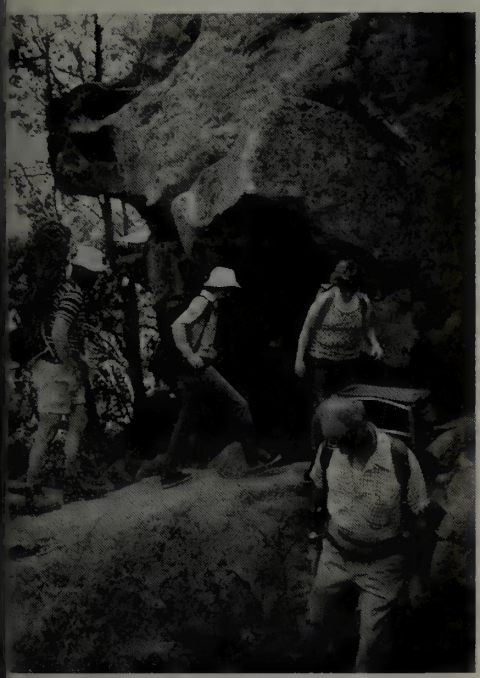
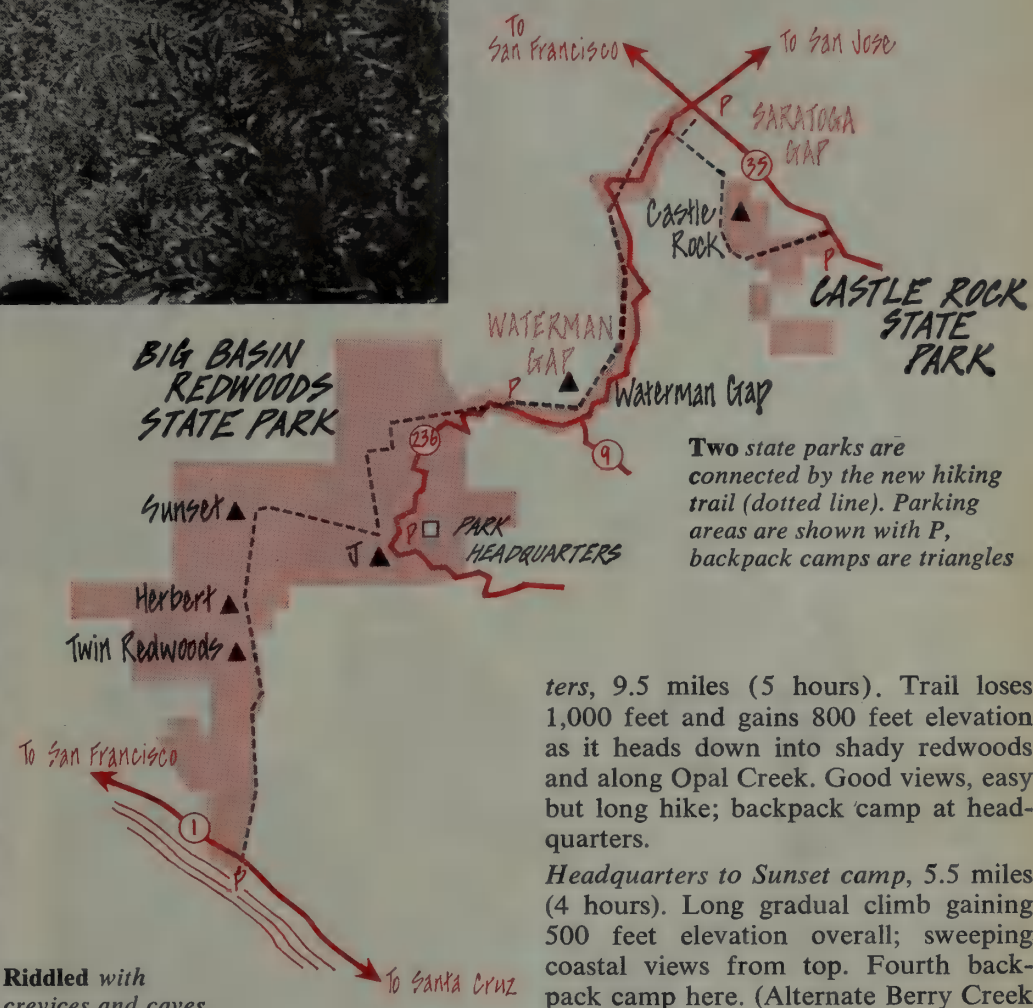
Trail's end *takes you out to Waddell Beach, 20 miles northwest of Santa Cruz*

South of San Francisco, it's ready... the Skyline to the Sea hike from Castle Rock to Big Basin to the coast

From *mountain-face trail in Castle Rock State Park, you get wide-ranging views clear to the ocean*



Riddled *with crevices and caves, Castle Rock stands 80 feet high*



Two *state parks are connected by the new hiking trail (dotted line). Parking areas are shown with P, backpack camps are triangles*

mountains-to-seashore hiking experi- nce waits at San Francisco's back door. he Skyline to the Sea Trail through astle Rock and Big Basin Redwoods ate parks, just 40 miles south of San rancisco, is complete after eight years f intermittent work and should be eady for hikers this month.

's one of the most varied trails in the ay Area: In 38 miles you go from the 214-foot elevation of Castle Rock own to sea level. You hike through ma- rone and manzanita, down past cool dwoods and wet creekside ferns, and nally to ocean tidepools. In connecting e two parks, the trail runs from ughly Skyline Boulevard (State High- ay 35), along State 9, then out to State at the coast.

o hike the length of the trail takes ree to four days, but you can easily anage small parts of it on day hikes. ere we describe five hikes—four easy nd one fairly strenuous. Parking areas (noted on our map) make access to the first four routes easy; the last section is hike-in only. Water is available at each of six backpack camps along the trail: These are primitive campsites with chemical toilets and piped water; only backpack cookstoves are allowed.

Castle Rock Park to Saratoga Gap, 7.5 miles (3½ hours). Steep climb to Castle Rock itself, then out along level face trail for spectacular views over both parks and out to ocean. Little shade; part of trail on private land requires permit (pick up at Castle Rock park office). First backpack camp is in park, 3½ miles from trailhead.

Saratoga Gap to Waterman Gap, 8 miles (3¾ hours). An easy, pleasant hike. Gentle downgrade through knobcone pine, 11 varieties of oak. Trail stays close to Highway 9 (and traffic noise) for most of its length. Second backpack camp is at Waterman Gap.

Waterman Gap to Big Basin headquarters, 9.5 miles (5 hours). Trail loses 1,000 feet and gains 800 feet elevation as it heads down into shady redwoods and along Opal Creek. Good views, easy but long hike; backpack camp at headquarters.

Headquarters to Sunset camp, 5.5 miles (4 hours). Long gradual climb gaining 500 feet elevation overall; sweeping coastal views from top. Fourth backpack camp here. (Alternate Berry Creek Falls Trail to ocean is shorter by 1 mile, but not as scenic.)

Sunset camp to ocean, 8 miles (4½ hours). No road access to this trail; begin at park headquarters and hike in. From Sunset camp you descend 1,000 feet along spring-fed Waddell Creek and out to the ocean; some say this is the prettiest section of the Skyline to the Sea Trail. Last two backpack camps are along here.

There are a total of 41 campsites at the six camps along the trail; to use them you must make reservations by calling Big Basin headquarters at (408) 338-6132. There's a 50-cent fee for each night and a one-night limit for each camp. Overnight parking along the highway is not recommended; it's best to park overnight in the state parks.

This summer, trail closure due to fire danger is a possibility here, as at many drought-stricken parks; you're required to call one day ahead to confirm your camp reservations and trail conditions. Trail maps are available at park headquarters, or send 35 cents plus a stamped self-addressed envelope to Sempervirens Fund, Box 1141, Los Altos, Calif. 94022. □

Distractions *like river floaters are ignored at the moment of truth on California's Stanislaus. Sure enough! A few flakes of gold sparkled in the light*

JERRY FREDRICK

The greatest gold rush since the Depression is on now all over the West

Stop some weekend this month at certai points along streams like the North Fork of California's Yuba River near Downie ville or the East Fork of the San Gabrie near Los Angeles, and you may think it' 1849 again.

Prospectors of all sizes and ages will b working the water's edge with pans sluice boxes, homemade contraption shiny store-bought ones—even pie tin and hubcaps. In deeper water you'll se skin and scuba divers in wet suits an masks, vacuuming the river bottom wit floating suction dredges. Like the '49er they all seek one thing: gold.

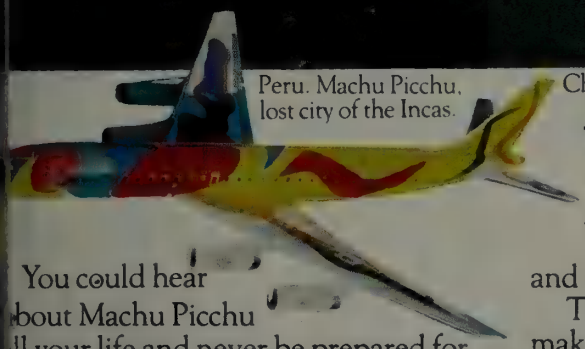
They are part of the greatest gold rus since the Depression. It mushroomed i 1975 when the federal government pe mitted private citizens to buy, sell, an own gold without a license for the fir time in 40 years. Gold prices soare from $35 a troy ounce to $198. Now it

Prospector shows *beginner fine gol you move it to a water-filled vial on toothpick. Chunks the size pictured belo are called clinkers. Nuggets are clunke*

Peru. Machu Picchu, lost city of the Incas.

Chile. Ski Portillo, where our summer is their winter.

Brazil. Christ the Redeemer overlooking Rio.



Beyond the expected.

You could hear about Machu Picchu all your life and never be prepared for the incredible experience of being there. That ancient lost city of the Inca lies cradled between two spectacular mountain peaks in Peru, and the wonder is how it could have been built at all in such an inaccessible place. But then, all of South America is a vacation beyond anything you might have expected. You'll never know—until you've been there—that skiing in July at Bariloche in Argentina or at Portillo in Chile is as fantastic and socially dazzling as Aspen or St. Moritz in February.

One of the joys of South America is discovering the unique offerings of each great city. In Rio, the breath-taking curve of its beaches, the astounding beauty of Sugar Loaf, the warmth of its free-spirited people. In Buenos Aires, the Opera House, the bargain shopping, the Argentinian red wine and steak.

In Lima, Pizarro's Plaza de Armas, the Inca gold museum. And in Santiago, the ever-gentle climate, and the famous white wine—the Viña del Mar Casino and beaches nearby.

The endless differences are what make South America beyond the expected. This year, why not let South America expect you?

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Please send me the following:

- ☐ 1977 South America Travel Planner Complete with color photographs, tour descriptions and prices to help you plan your vacation.
- ☐ Skiing in South America Folders
- ☐ Jim Woodman's 62-page guidebook on South America (Please send $1 for this item.)

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BRANIFF

GETS YOU THERE WITH FLYING COLORS

South America

NORMAN A. PLATE

Basic tools *cost a few dollars to $200 or more. Dredges and sluices come in other sizes and shapes, can be homemade. Magnet attracts black sand, separating it from fine gold*

All you need to start is a gold pan...$1.25 to $3

about $150 an ounce, and recreational prospecting is a multimillion dollar business in the West.

What lures aerospace engineers, janitors, dentists, college students—all sorts—to stream beds, searching pan after pan of dirt until backs and limbs ache? How do they know where to look? What equipment do they use? What are the laws? Do they make any money?

We asked *Sunset* readers, and received more than 250 responses from hobby gold panners. We tried some panning ourselves, and also interviewed geologists, professional prospectors, conservationists, and federal officials.

JERRY FREDRICK

Customers *at Sacramento's Mother Lode Dive Shop examine sieves that screen out waste gravel, cut panning time*

Will the drought help gold prospectors? We got two answers.

Yes. Diminished water in streams and rivers can only aid hobby prospectors—especially beginners—by making accessible with the simplest equipment more hiding places.

And *no.* Slowly, natural erosion frees new chunks of gold from veins in solid rock—called lodes. Rainstorms and spring floods carry these gold bits—called placer gold—down mountain slopes and along streams, replenishing them with treasure and shifting existing gold to new spots downstream. That's why rivers heavily panned last century remain good places to prospect. And that's why some prospectors moaned at this spring's meager runoff.

What's the appeal of gold panning? Without filing claims, without permits (unless you use a suction dredge), this placer gold is yours to sell, keep, or give away—if you can find it. It's a recreation all family members can enjoy. It's something to do besides fishing when you go camping. It requires no big investment—you can make do with just a $2 pan.

It's hard work and demands patience. It's also addictive, fascinating, and can lead to any number of adventures.

"Last summer my son and I spent three months prospecting, and found a link with our past. We lived like the '49ers, cooking biscuits in a pan and learning from crusty old-time prospectors. We came away with much more than gold dust."—*Lynn Nebeker, Carson City, Nev.*

Where gold hides out. Gold can be found anywhere—mountains, deserts, or ocean beaches. Maybe just to confuse prospectors, it shows up in the unlikeliest places: on trails, even in back yards.

But there is a logic to its travels, too. Gold is heavier than anything else in a stream bed. Its density is 19 (19 times heavier than water). Black sand (a mix of heavy minerals) has an average density of 5½ to 6; normal sand, 2½. Because of its weight, gold takes the shortest route down a mountain and down a stream. So before you begin panning, stroll along the banks, studying for clues.

Odds are that gold will hug the inside bends of streams and concentrate where obstructions hinder its progress—as the sketch on page 57 shows. Look for pockets of black sand, which often settles where gold does.

Crevices in bedrock—above and below water line—are choice traps.

"We use tablespoons, whiskbrooms, bent screwdrivers—anything we can improvise to scrape dirt from the cracks into our gold pan. When the bottom of the crevice is reached, we slowly squirt water from a turkey baster along the bottom of the crack, washing away lighter dirt and hopefully leaving gold to be extracted with tweezers." —*John and Julie Quigley, San Anselmo, Calif.*

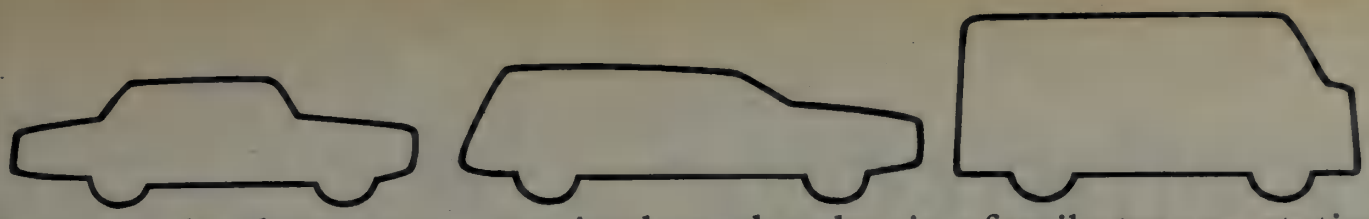
If there's no impacted gravel in a crevice, forget it. Somebody's beaten you.

Snifters (see equipment photograph) are used to suck dirt and fine flour gold from underwater crevices. A diving mask and snorkel help you while you work.

Finding a place to pan. This can be tricky, since many of the best places are privately owned or are already valid mining claims.

Hobby prospecting is generally not permitted in national parks and monuments, state parks, and military and Indian reservations. Prospecting is legal in most state and national forest lands and public lands tended by the Bureau of Land Management (BLM). You need no special permission if you use only unmechanized tools (pan, hand-operated sluice or dry washer). In forests you do need permits to camp (available at ranger stations, which also sell maps detailing forest trails, creeks, and private land holdings).

To find sites near you that historically produced gold, consult mining books in



Do you make these common mistakes when buying family transportation?

Take the Bus.

Why spend all that money and wind up disappointed? Instead, you could have the most practical family wheels anywhere, the new 1977 Volkswagen Bus. The vehicle that carries the most for the least cost. The vehicle that AUTOWEEK says "might be the *real* best all-around car in the world." Just see how the Bus compares.

A sedan? No contest, of course. The VW Bus has yards more room inside. So how about a station wagon? Surprise: the Bus gives you almost 70% more interior space than a full-size domestic station wagon. In fact, the Bus is almost as big inside as a van. But the Bus is beautifully finished and a lot more comfortable. Comfort to us is not an option.

And here's the pay-off. According to the 1977 EPA tests, the VW Bus gets an estimated 28 mpg on the highway, and 18 mpg in the city with standard transmission. (Of course, your actual mileage may vary depending on your driving habits, your Bus' condition and optional equipment.) So when you consider that the VW Bus gives you that kind of economy along with its tremendous capacity, you realize why it's such a great choice for family transportation.

And that's not all. The VW Bus is very versatile. The rear seat folds down to provide extra carrying space, and that big sliding door lets you load all kinds of outsized cargo.

It's fun to drive, too. There's an optional automatic transmission, and independent torsion-bar suspension on all four wheels. And the powerful 2-liter engine has electronic fuel injection for super efficiency.

So to avoid making costly errors, visit your Volkswagen dealer. You'll love that low bus fare.

Introducing The '77 VW Bus.

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Get the color right away...and right!

Actual size picture.

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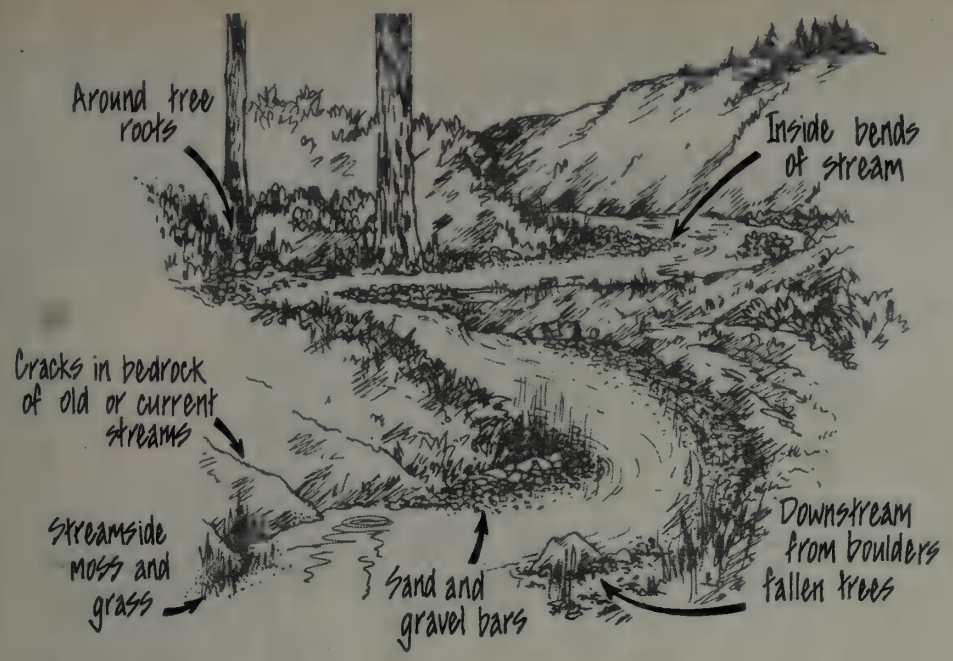
If you're using the motorized Kodak EK6 instant camera, the picture emerges automatically. If you're shooting with the EK4 camera or The Handle™ Kodak's brand-new lowest-priced instant camera, a few turns of a little crank will deliver a clean, dry print smoothly into your hand. Every print is protected by a textured Satinluxe™ finish.

All three cameras are easy-to-load, and feature automatic exposure control and electronic shutter.

Prices start at less than $40. See your photo dealer for a complete demonstration.

Price is subject to change without notice. Note: Kodak instant cameras use only Kodak instant print film (PR-10).

Kodak instant
cameras and film



Outwitting *a stream for its gold is a challenge; these are likely traps*

ibraries or state bureau of mines maps. Forest rangers and BLM offices are helpul sources. Also see page 61.

Old timers suggest you look for small, nore remote creeks. They may be closer o the mother lode, there's less traffic, nd bedrock is usually near the surface. n California the best are between the ,500 and 2,000-foot levels.

Unless you ask the owner for permission, espect "No Trespass" signs and try to tay off private land (it checkerboards early all forest and public lands) and acive mine claims, which are often hard o identify. Trespassers can be proseuted and fined. Some miners defend heir claims with firearms, so if anyone ells you to move, it's wise to comply.

For information on filing a mining claim, vrite for a free copy of Bulletin 4-76, *Staking a Mining Claim on Federal Lands*, to any BLM office, or to Director 130), Bureau of Land Management, U.S. Department of the Interior, Washngton, D.C. 20240.

Equipment. Hundreds of tools and inventions are now on the market. For a ook, visit shops listed under *Mining Supplies* in your yellow pages, or write for a free mail-order catalog to Mother Lode Dive Shop, 2020 H. St., Sacramento 95814; or Keene Industries, 9330 Corbin Ave., Northridge, Calif. 91324.

You can buy or make as much or little gear as fits your style. Our readers warn against buying too much at the start. Basic is the gold pan. Some prefer the traditional steel kind. A new lightweight pan molded from tough plastic has built-in ridges, or riffles, that help beginners trap flour gold. Larger pans are easier for beginners to handle—just don't fill them too full.

How to pan. Practice at any nearby stream until you can recover birdshot or cut-up lead fishing weights from a pan of gravel. When you're adept enough to recover weights cut into tiny pieces, you're ready to recover gold.

The object is to concentrate heavier materials by agitating the pan, then wash away lighter materials until only gold (and maybe some black sand) is left—usually a 10 to 15-minute job.

Fill pan about half full of gravel. Submerge it. Knead any dirt with your hand, breaking up clods and lumps. Shake pan vigorously underwater so gold can settle, then pick out and throw away large gravel. Raise the pan to near the surface, inclining it slightly away from you. Move it with a circular motion combined with a slight jerk, churning the top layer of mud and light sand so it flows off. Continue until about half a cup of material remains. If there's no black sand and no gold flakes, toss it out and start again.

If you find five or six specks of gold in several successive tries, stay where you are. If you find nothing, move on.

Is it gold or fool's gold (pyrites)? Pyrite doesn't shine in the shade; real gold does. Or crush it with a knife tip; pyrite powders or flakes, gold doesn't.

A sluice box increases production 10 to 20 times. It puts the river to work, washing dirt down across riffles where gold bits are trapped. Empty those trapped concentrates into your pan to recover the gold. Or try this:

"We set our sluice box just below some natural riffles in the stream. When most of the debris is gone we use a water glass to look into the riffles, and a pair of tweezers to pick out the nuggets. The water glass allows you to see into the water clearly—like a face mask."—*W. D. Carruthers, Moraga, Calif.*

Dredges work even greater amounts of gravel. Operating in water from 1 inch to 50 feet deep, their hoses suck underwater gravel up to the surface where it runs through a sluice box and returns to the riverbed, leaving gold behind in the sluice's riffles.

This is the most controversial recreational prospecting device. Opponents don't like the noise—like that of a lawn mower. But in a gold-bearing stream—especially a deep one—a dredge can recover gold much more efficiently than any other method.

Fish and wildlife agencies in most Western states require permits for all river dredging, and strictly regulate their season (no dredging when fish are spawning). In most states, some rivers are off limits to dredging all year. As long as regulations are observed, most state wildlife naturalists say there's little evidence that dredging damages a stream's ecology. But some environmentalists diagree.

Other useful supplies include suntan cream, old tennis shoes, liniment for ach-

Arizona prospector *explores dry wash. Hand-cranked dry washer—thumping and puffing—winnows light dirt, traps gold. Concentrates are then panned in a tub*

DAVE DAVIS

If you like, you can work up to a sluice box or even a dredge

Sears remarkable $599.95 Sofa

It's designed and constructed as carefully as many sofas that cost much more.

Sears Best

Grafton Street

There are very few sofas at *any* price that are built with the long lasting comfort and durability of helical coil suspended spring systems. The 4-gauge, wire-tied, helical coil suspension system in Sears Benchmade Sofas offers the optimum in equalized softness and resiliency.

All-Hardwood Frame Construction. Only 10% of all sofa frames are made from all-hardwood. It's the basis of sofa durability. All of Sears Benchmade Sofas are also double-doweled and braced at all stress points.

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Combination Coil-Foam Seat Cushions. At the core of each cushion are individually pocketed coil springs. The springs are encased in molded polyurethane foam, and covered again with a double wrap of polyester fiber fill. All for long lasting resiliency and the spectacular look and feel of down feather cushions.

Breathtaking and Durable Fabric Selection. Sears doesn't think you'll find a better selection of first quality sofa fabrics anywhere. All 87 possibilities come from the finest mills in America. There is a superb array of plush velvets of 100% cotton, scrumptious jacquards of 100% nylon. Tapestries of 67% rayon and 33% cotton. Dramatic prints, textured tweeds, and smashing solid colors. All are treated with Scotchgard® Brand fabric protector. All were chosen to give you "oohs" and "ahhs" for as long as possible.

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Essential Finishing Touches. Matched seams. Centered patterns. Reinforced and padded backs, front-rails, and sides. Hidden snaps and straps to hold seat cushions in place. Lined skirts. And *more.*

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Six Lasting Classic Styles. All with the proper proportions. All designed and redesigned till they all really became Sears Benchmade Sofas. Come *see* Sears Benchmade Sofas and understand why they have features that usually cost a great deal more. Come *sit* on them to understand their amazing balanced comfort. Come in today and learn more about why $599.95* is such a great price for such a beautifully built sofa. At most Sears larger stores.

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Benchmade Sofas Only at Sears

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Prices may vary depending on the fabric you select.

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Look what your correspondence can now correspond to: lemon, peppermint or café au lait.

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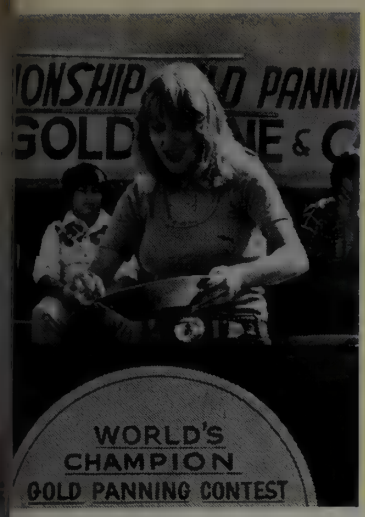


1977's gold panning contests

These events are usually combined with other old-fashioned contests and games. Some upcoming ones:

July 3, Great Canadian Open at Fort George Park, Prince George, British Columbia.

July 16 to 17, California Championship at the VFW Hall, Ahwahnee.

July 24, Oregon Championship, Baker.

July 30, Colorado Championship, Rocky Mountain Open, and World Dry Panning Championship—all at Manitou Springs.

September 4, World Invitational Championship, Peace Island Park, Taylor, British Columbia.

g muscles, rubber gloves, tweezers, and magnifying glass.

hat to do with your gold. Most week-d panners won't part with their hard-rned treasure at any price. If you do nt to sell, it won't be to the U.S. Gov-nment. Anyone with large quantities of ld sells to a refinery or smelter.

nless you feel certain of a gold piece's orth, don't sell in haste. Ask around. welry and souvenir shops are good arkets. Gold big enough for use in welry can bring twice the world mar-t value; large nuggets can bring up to e times market value.

n you make money from this hobby? ot likely. Some full-time prospectors rvive on gold they find. But you can't alistically expect to make much.

Vould I be sitting here writing to you if ould be out in the hills camped beside a asant stream striking it rich? I've been nning about 10 years and only once have een able to make good money (about 00 a day), and that lasted for less than a ek. But it is fun—and just a bit more n when we can make it pay."—*b Jackson, Renton, Wash.*

Ve estimate we have 1 ounce of gold for days' work. We have had matching rings aid with our own raw gold."—*Ray and nda Bryant, Orinda, Calif.*

When my sons and I started dry-washing out four years ago, one gram per ekend was a good take. Our most recent ekend yielded over 18 grams. Experience ys!"—*Alan H. Wilkins, Huntington ach, Calif.*

me places to try. These historically oductive regions are suggested as aces to look by our readers, BLM, and e U.S. Geological Survey.

aska: The Yukon River basin, including ensive deposits at Fairbanks; some beach nds in the Nome district; drainage basin Copper and Kuskokwin rivers.

izona: For river prospecting, Big Bug eek in the Bradshaws, Lynx Creek near escott. Dry washes are productive north Phoenix in the Cave Creek - Carefree as, also along the Colorado.

lifornia: Any stream that drains the rich other Lode—a 120-mile long network of eams and rivers northwest of Mariposa. pecially productive: the Sierra Nevada's Yuba, Feather, and American rivers; in northwest California, the Klamath, Trinity, Salmon rivers.

Colorado: Streams and rivers around Fairplay, Breckenridge, Central City. (Send $2 to BLM, Room 700, Colorado State Bank Building, 1600 Broadway, Denver 80202 for new map showing existing claims.)

Idaho: Boise basin, a few miles northeast of Boise. Along the Salmon River in Lemhi and Idaho counties. On the Clearwater River and its tributaries, especially near Elk City, Pierce, Orofino. Extremely fine-grained gold is found in Snake River sands.

Montana: Southwestern part, on Missouri and tributaries; also in Madison County.

Nevada: Wilcox Mountains near Wadsworth; Tuscarora Mountains northwest of Elko; around Manhattan and Round Mountain (north of Tonopah). For a *Rock Hound's Map of Nevada*, send $3 to Nevada Bureau of Mines and Geology, University of Nevada, Reno 89557.

New Mexico: Gravel bars of the Rio Grande between Espanola and Questa; in dry washes northeast of Albuquerque near Golden and Placitas; Gila River near the Mogollon Mountains.

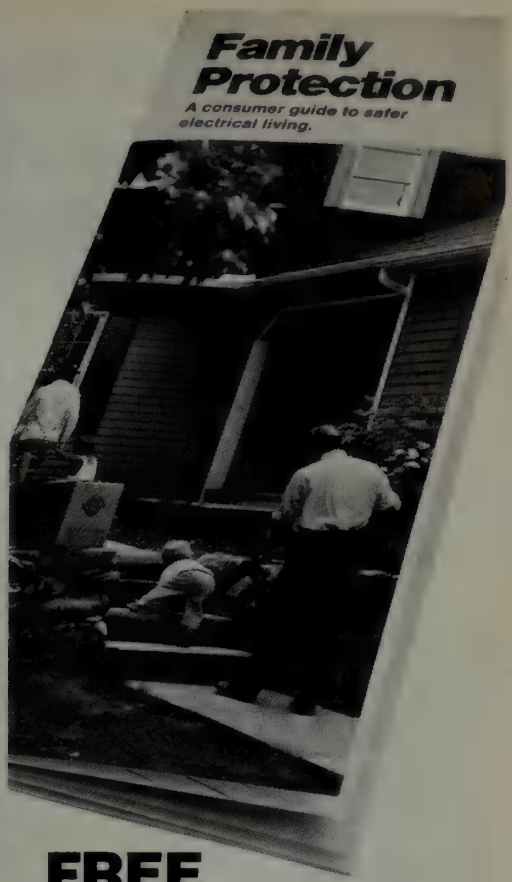
Oregon: Tributaries of the Rogue. In Josephine County, Wolf Creek, Coyote Creek, Jump-Off Joe Creek, Louse Creek, Grave Creek. Also northeastern Oregon streams draining the Blue and Wallowa mountains.

Utah: Crescent Creek (dry in summers) on east slope of Henry Mountains; near Castleton on eastern slope of La Sal Mountains; Green River's Horseshoe Bend near Vernal.

Washington: Swauk Creek near Liberty, Peshastin Creek near Blewett, and Similkameen River in north-central Okanogan County.

Wyoming: Tributaries of the North Platte River in Medicine Bow Mountains near Saratoga.

For more information. Some states offer comprehensive packets for recreational gold panners, with maps, instructions on building sluice boxes, other helpful information. Write to California Division of Mines and Geology, 1416 Ninth St., Room 118, Sacramento 95814 ($1.17); Oregon Dept. of Geology and Mineral Industries, 1069 State Office Building, Portland 97201 ($1); Arizona Dept. of Mineral Resources, Mineral Building, Fairgrounds, Phoenix 85007 (free). □



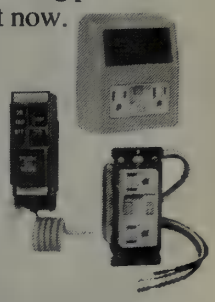
FREE booklet could save your life

This booklet describes an electrical hazard called "ground fault".

It explains why fuses, circuit breakers—and, in many cases, grounding wires—can't protect you and your family against potentially fatal electrical shocks caused by ground faults.

It shows what *can* protect you: easy-to-install GE devices called Ground Fault Circuit Interrupters.

The booklet costs you nothing but could save something priceless: your life. Send for it now.



GE Ground Fault Interrupters for circuit breaker panels, receptacles, portable plug-in use. At hardware stores, or ask your electrical contractor.

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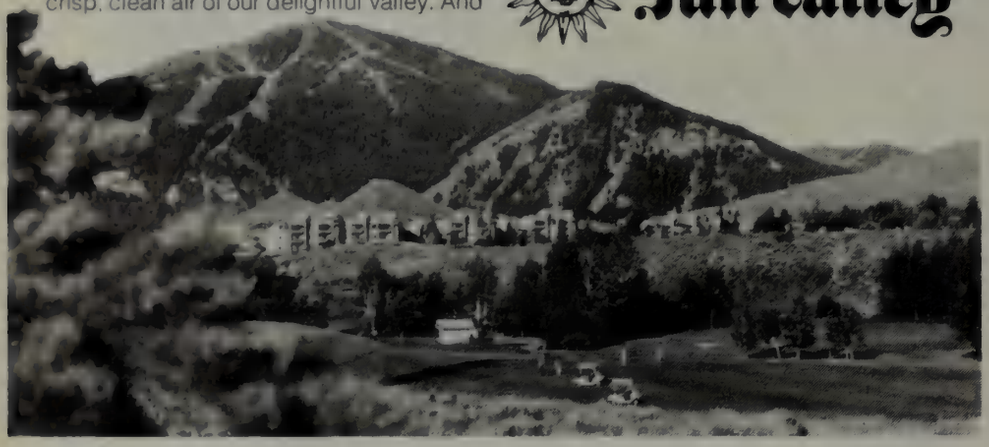
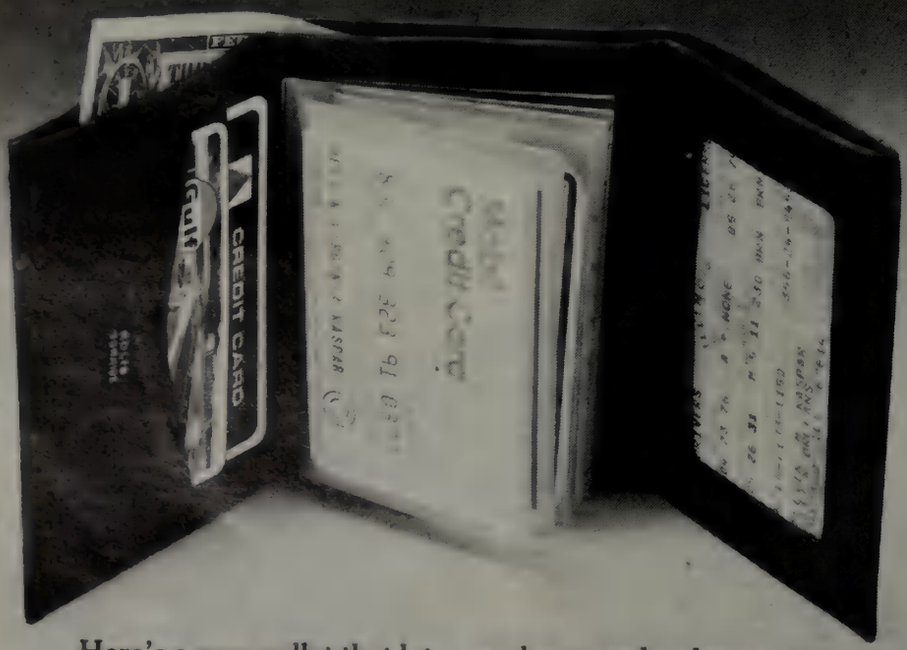
Sun Valley



A wallet you can identify with.



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Lace-draped *Doukhobor woman talks with visitors to restored village*

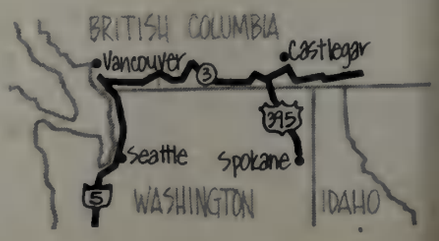
British Columbia's Doukhobors

"Toil and a peaceful life" is the motto of the Doukhobors, a small, devout Russian sect unique to western Canada. Though the Doukhobor culture is fast fading into history, you can see it preserved at *Novae Selo* (meaning new village), a re-created community just outside Castlegar, British Columbia, on Provincial Highway 3 (the southernmost route toward the Canadian Rockies).

The Doukhobors' rigorous devotion to their God has been matched by their legendary resistance to any other authority. They began in Czarist Russia by rejecting the Orthodox Church, conscription, and taxation. After immigrating to Canada, many continued to resist intrusion into their simple communal life while devoutly pacifistic, their more publicized forms of protest included mass marches, destruction of their own property, and disrobing in public.

Today the Doukhobors are serene and pastoral. On a visit to the museum-village you can see their weaving and cherry wood spoon carving, hear occasional choir recitals, and see bread baked in large, communal ovens. (When the kitchen is completed, you will be able to buy a meal of bread and borsch during your visit.)

The compound is open daily from 2 to 8 P.M. There's no admission charge, but donations are accepted.



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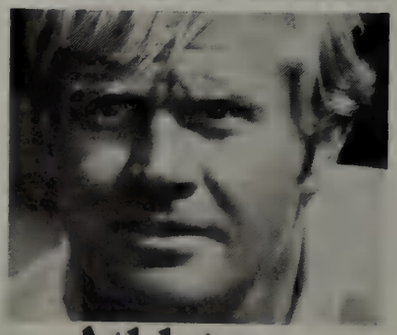


Athletes vs. MS

National Multiple Sclerosis Society

Colorful and fresh book look at Mexico

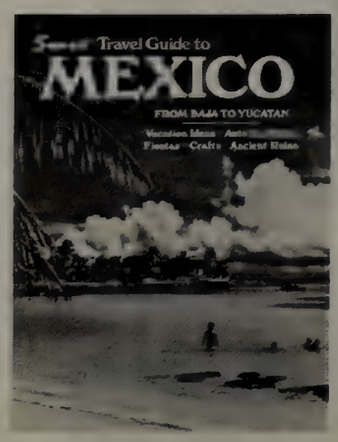
Latest in a series of inexpensive soft-cover travel and recreation books is *Mexico* (Lane Publishing Co., Menlo Park, Calif. 94025, 1977; $3.95). The sights of this complex and fascinating country are covered from the Pacific to the Caribbean, from the Guatemala border to Tijuana.

This new book uses the same organization as the most recent *Sunset* book on Mexico, published only three years ago. The text has been updated, with special attention to the changing tourist scene in Yucatan, the West Coast, and Baja.

And where the previous book was illustrated with quiet black-and-white photographs, the new 144-page *Mexico* explodes with 100 good-sized photographs, all of them in color. You'll appreciate this in such views as snow-covered Mount Orizaba, seen through parted clouds, and in a rainy-day shot of a flower vendor surrounded by mounds of color at the entrance to Mexico City's Chapultepec Park. On other pages you'll see the rich hues of dancers' costumes, the brilliance of dyed-fiber chairs, and the splendor of a cathedral in night-time illumination.

A chapter is devoted to each of the country's major regions, as well as Guadalajara and the Colonial Circle, and Mexico City.

But the new book isn't a mile-by-mile highway guide. It doesn't attempt to deal with accommodations or lodging. It concentrates instead on specific destinations and places of interest, giving some of the background of each spot, explaining what to do there and when to visit. □



Sunset's newest *Mexico book —soft cover and all in color— goes on sale May 20*

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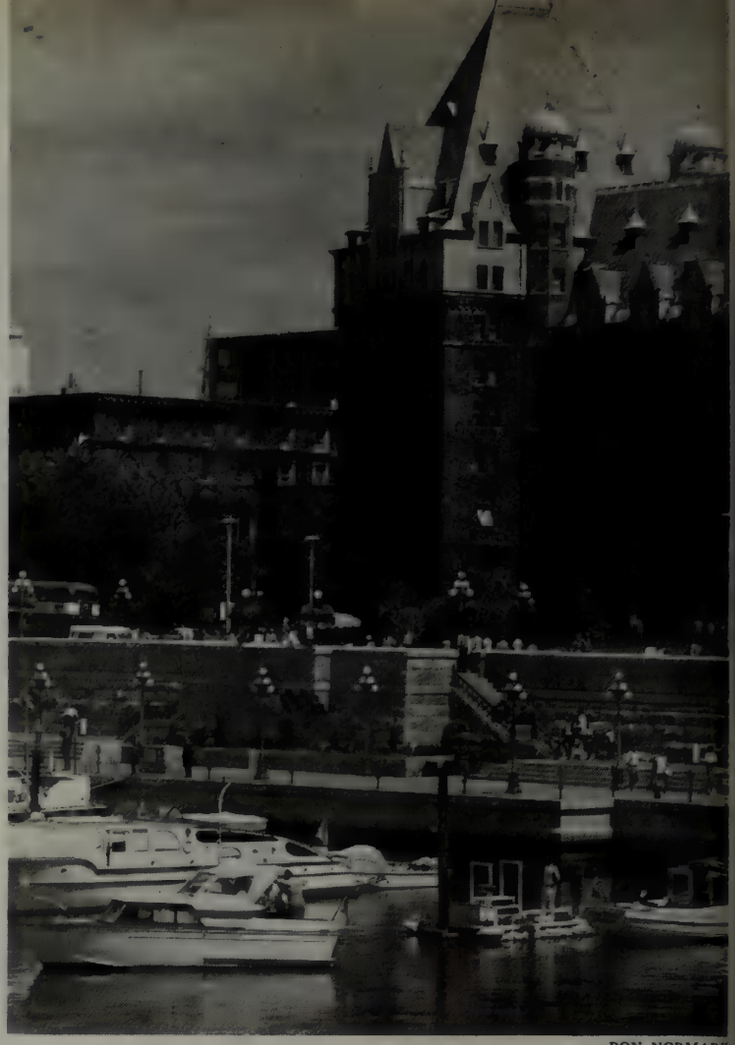
Between *overstuffed settees, chairs, and potted plants, tables appear for tea time in Empress Hotel lobby; the complete tea comes as a single course*



DON NORMARK

Ivy-covered *Empress Hotel commands your view when you approach Victoria by ferry or pleasure craft; double-decker tour buses park near main entrance*

One grand experience if you visit Victoria ... tea at the Empress

A sensation of stepping back in time to a more gracious era accompanies the rituals of "high tea" at the stately Empress Hotel in Victoria, British Columbia.

From 3 to 5 each afternoon, tables with snowy linens appear in the vast main lobby overlooking Government Street and the Inner Harbour. You queue up alongside the lobby confectionery, Purdy's Chocolates, awaiting your turn to be seated by the hostess. Once in line, you are assured of refreshment, even in the busiest tourist periods of summer.

Tea is $3.50 per person. By standards other than Canadian or English, it is as hearty as lunch. The brief menu offers you a choice of hot crumpets oozing with honey butter and hot buttered muffins, and dainty sandwiches of meat and cheese, or a colorful fresh fruit salad with special Empress Devonshire cream-like topping and fresh banana bread.

Once you've made your decision, your order arrives along with a gleaming tray with an enormous (frequently refilled) silver pot of hot tea, sugar, milk, lemon, and wedges of the Empress's light layer cake with cream icing.

After you finish eating, take time to visit the shops and gather in more of the hotel's atmosphere. Opened in 1908, it was designed to accommodate those who traveled by rail across Canada, expecting leisurely, luxurious stopovers en route. The light-filled conservatory full of seasonal flowers, the book-lined Library Bar, the darkly paneled main dining room with hand carved ceiling all reflect an Edwardian elegance.

And if your cup of tea pleased you, in the lobby gift shop you can purchase the tea itself, a special Empress blend.

Other shops in the hotel, near the bustling main desk, offer merchandise from Canada, the British Isles and Ireland: wearing apparel (particularly woolens), china, crystal, antiques, and Eskimo crafts. □

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Power Front Disc Brakes	Std.
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Whitewall Tires	$43
Bumper Guards, Front	$21
Calif. Emissions Package	$74
TOTAL	$5,741*

*Sticker price, including options as shown. Taxes and destination charges extra.

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CHRYSLER LEBARON. THE BEGINNING OF A TOTALLY NEW CLASS OF AUTOMOBILES.

In a blizzard *of mayflies—prime time for fly-casting—two fishermen go after wild trout on Fall River during a classic hatch. Dry flies on no. 18 hooks imitate the real thing, shown below*

GLENN CHRISTIANSEN

Gentle grip *faces 2½-pound rainbow upstream to help revive fish before it's released*

On these two official wild trout streams you put your catch back

Pursuing wild trout with light rod and artificial fly evolved into an art on England's chalk streams such as the Test, Itchen, Wiltshire, and Avon. California has a number of streams that are well known for fighting trout and challenging water, but only two are chalk-type streams that have adequate public access and substantial populations of wild rainbow and brown trout: lower Hat Creek and Fall River. Both are near Burney, about 50 miles east of Redding, on State Highway 299.

This year trout season on the two streams is April 30 through November 15. In spite of the drought and low water, conditions should be good for the growing number of anglers who want to test their skills on this challenging water.

But don't expect immediate success. These streams are considered the major league of trout fishing; even practiced fly-casters don't score consistently here.

Both Hat Creek and Fall River are meadow streams, meandering through areas rich with diatomaceous earth. This

chalky soil makes the water slightly more alkaline, which promotes aquatic plant growth and creates an excellent habitat for the bugs that trout feed on.

Both normally run gin clear, which gives trout time to inspect a floating tidbit carefully and to note the presence of incautious anglers. Everything but perfection is summarily rejected.

A successful fly-fisherman here finds he must know as much about the life cycles and habits of insects as he does about trout. Some Hat Creek and Fall River veterans can tell which bug is hatching by the way a fish takes it. For example, a golden caddis pupa rises fast from the bottom, so a trout has to lunge at it, splashing the surface; a mayfly sits on the water awhile, so a trout can leisurely suck it down.

Catch and release. Sections of both streams are part of California's Wild Trout Program—in fact, a 1968 stream reclamation project on Hat Creek by Trout Unlimited (now run by CalTrout), PG&E, and the Department of Fish and Game, spurred the program's inception in 1971. Now sections of 17 streams and a lake are in the system.

As official wild trout streams, Hat Creek and Fall River are meant to be fished for sport, not food. Although there is a two-fish limit, most sportsmen return all fish unharmed.

The proper way to do this is to grasp the trout firmly (but not too hard) and carefully remove the hook. Most fly and lure-caught trout are lip-hooked, but a pair of surgical hemostats can easily remove deeper hooks. If a hook can't be easily removed, cut the leader—like a

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GLENN CHRISTIANSEN

Waist deep *in Hat Creek, angler concentrates on the drift of his fly*

splinter, the hook should work its way out. Avoid touching eyes or gills.

After a hard fight, a trout may need to be revived. Hold it in the current facing upstream (see the picture on page 68), and gently move it back and forth to wash water over the gills; when revived the trout will swim vigorously away.

Hat Creek. You can fish the length of Hat Creek from its source in Lassen Volcanic National Park to its confluence with Pit River at Lake Britton, but the wild trout section is a 3-mile stretch between PG&E's Hat Creek number 2 powerhouse and Lake Britton. Best access is from the day-use area just off State 299 about 9 miles east of Burney. From here you can hike upstream or downstream on either bank.

Unlike most California rivers, Hat Creek is not purely an evening stream. While some of the best fishing is right near dusk, we have had strikes at noon. Downstream the river breaks up into a series of riffles and pools that can be good during the day, but toward evening most anglers head upstream to work the flat meadow water.

Although insect hatches offer the best chance for success, they aren't always a predictable event. A good source of local information is Vaughn's Sporting Goods at the east end of Burney. Vaughn's has a complete selection of local flies and can tell you the stream conditions and suggest flies to try. You can call the store at (916) 335-2381 for a report before leaving home.

There is a two-fish limit on this section of Hat Creek; you can use fly, bait, or spinning tackle. The closest campground is the PG&E camp off Cassel Road near Hat Creek number 1 powerhouse.

Fall River. Access is by boat only, but if you have a small skiff or canoe with an electric motor (noisy gas motors scare fish) you can cover much of the 13 miles of good water between a point ½ mile below Thousand Springs and just above Glenburn. Trespassing is prohibited on riverbanks.

Right now the only public access is Island Road Bridge, about 10 miles north of Fall River Mills. (From State 299 take County Route A20 north 5½ miles to Glenburn; turn left on A19 and continue north to Island Road.) The California Trout Foundation, a CalTrout offshoot, recently purchased the property on the north riverbank at this bridge; anglers can launch boats here as long as they are powered only by electric motor or muscle. Downstream from the bridge you may use bait; upstream only artificial lures and flies are allowed.

Future access at two sites on the river is now being negotiated between the Department of Fish and Game and PG&E, but public use is at least a year away.

Ricks Lodge has the only accommodations on Fall River. Guests have preference in renting one of the 12 electric-powered boats ($18 per day); however, nonguests may rent available boats or, if the immediate river isn't too crowded, receive permission to launch their own. The guide at the lodge has a supply of flies and will take you fishing for a half-day for $45. Call (916) 336-5300 for a fishing report; for reservations ($29.50 per person with meals), write to Rick's Lodge, Star Route Glenburn, Fall River Mills, Calif. 96028.

Fall River tends to be a morning stream, with an almost daily midmorning mayfly hatch through most of the season. Big trout can be caught here; as at Hat Creek, most are rainbows. There is a two-fish limit on the entire river.

For details on the wild trout program, write to CalTrout (California Trout, Inc.), Box 2046, San Francisco 94126. □

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Carved posts *and raised pavilion line new Shoreline Park on the Boise River*

Mini-tunnel *takes bikers under hillock*

4-mile bike loop unlocks Boise River

New bike paths hook up with paved roads and bridges to complete a 4-mile loop through one of Boise's most scenic areas —the reclaimed banks of the downtown Boise River. It's a refreshing diversion if you're visiting awhile, or just passing through.

The route winds through shady Julia Davis Park and the handsome new Shoreline Park on the river's north side, leading back through Ann Morrison Park and Boise State University on the south bank. You pass several picnic and rest areas, and can wade or fish in the cool, slow river. Boise's excellent art gallery and small but unusual wildlife zoo are in Julia Davis Park.

Best accesses are from Capitol or Americana boulevards, which cross the river. All summer you can rent bikes in Shoreline Park (where Shoreline Drive and S. 13th Street end) from 10 A.M. to 9 P.M. weekdays; 10 to 6 on weekends. For a free trail map, write to Boise City Greenbelt, Parks Department, 1104 Royal Blvd., Boise 83706.

The trail is part of the Boise River Greenbelt Plan, which could eventually include more than 50 miles of river parkway ending at the Snake River. □

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In Switzerland, you can ride up, then hike part of the way down

Moving people up and down mountains quickly, safely, and comfortably is a Swiss art. And with well over 700 mechanical mountain climbing devices in operation—including cog railways, funiculars, aerial cableways, and chair lifts—there's hardly a lofty peak in Switzerland that isn't readily accessible. Whether you visit on a tour or as an independent traveler you can count on at least one mountaintop adventure.

But it needn't be just a ride up a mountain and back; once up there why not walk part of the way down through some of the marvelous country you see stretched out below? The mountains are laced with well-marked hiking and wandering trails that start right at the vehicle terminals. You can choose about any kind of route you want—long and steep to short and easy.

Amenities are seldom far away. There always seems to be a bench around when you're tired, and a place to buy food when you're hungry or thirsty; and hotels along the way—often quite remarkably perched on the very top of mountains—make overnight stops possible.

At 9,744 feet, *Schilthorn peak has revolving restaurant reached by cableway, and views toward some of Europe's highest peaks—Eiger (13,033 feet) is seen dead ahead. Some hiking trails start near the terminal*

One of *Bernese Oberland's highest villages, Mürren (5,450 feet) is a transfer point on the ride up to Schilthorn and a good center for a walking vacation*

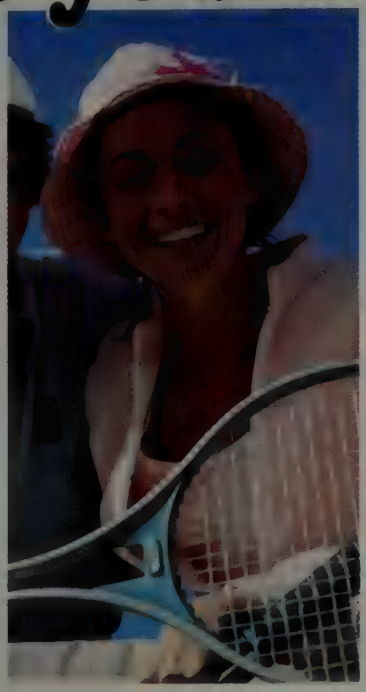
Last September two *Sunset* editors tried some of these wandering trails. In the course of two weeks they rode up six mountains, walked down parts of five.

Two were in the Italianate canton of Ticino: Monte Brè overlooking Lugano and its lake, and Cardada-Cimetta (5,400 feet) above Locarno with sweeping view of Lake Maggiore. The walk down Cardada-Cimetta was partly through forests of chestnut trees in full crop.

Two others were near St. Moritz in the Grisons, Switzerland's most easterly canton: Piz Nair (10,029 feet) and its higher neighbor across the valley, Piz Corvatsch (11,322 feet at its peak—you ride up to 10,836 feet). Both had fresh snow and the ski tow was operating on Piz Corvatsch. Due to the snow and ruggedness of the peaks, walks were taken lower on Piz Nair—around Corviglia (8,156 feet), where trails take you down to St. Moritz in about 2 hours.

Another excursion was up the 9,744-foot peak of Schilthorn (renamed Piz Gloria after it was used as the setting of a James Bond film) in the famous Bernese Oberland, where many of Switzer-

Picture yourself in Hawaii.



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Funicular *serving Monte Brè lifts you to 3,053 feet for panoramic view of Lake Lugano, and starts of some beautiful walks*

land's highest mountains rise. From the top you see Jungfrau (13,647 feet) Mönch (13,455 feet), Eiger (13,033 feet), and other noble peaks. It's also the start of the Inferno Race, the world's longest downhill ski race.

The sixth mountain "scaled" was 8,205-foot Säntis in the northeasterly canton of Appenzell. In an area uncrowded by other peaks, it seems even higher. After an almost straight-up ascent by cableway you have broad views from the top. To the east and north you can look into three other countries—Austria, Germany, and Liechtenstein. For wandering and easy hiking, the Appenzell area is considered about tops.

For casual walking you need no special equipment—just comfortable shoes and clothing. A lightweight backpack is handy for carrying snacks and a sweater or rain jacket.

You can save money and time if you buy a Swiss Holiday Pass, which allows unlimited travel by train, postal bus, and lake steamer, as well as by many cog railways, funiculars, aerial cableways, and chair lifts (discounts of 25 to 50 percent on others). An 8-day pass costs $63.50 first class, $45 second class. Passes good for 15 days and one month are also available.

These passes must be purchased from the Swiss National Tourist Office before you enter Switzerland. For more information, write to the office at 661 Market Street, San Francisco 94105. □

Trail marker *atop Säntis peak (8,205 feet) tells you it's 3½ hours' walk down to the town of Wasserauen*

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Now you can have truly effective, year round solar pool heating in climates like the San Francisco Bay Area, with Alten's Model 110 collector panels. Featuring rugged aluminum frames and corrosion-resistant, ½-inch copper water passages, Model 110 panels are preassembled, and come with all needed controls for completely automatic solar pool heating. Alten panels have a two year warranty on parts and labor, and are guaranteed against leaks for 7 years. You can count on service too. Alten has more solar pool and space heating systems operating in northern California than any other company. For details, call or write.

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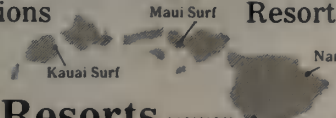

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Don't let the squeeze you

Well friends, you heard what the man said.

Some sacrifices will have to be made.

But getting into a Volkswagen won't be one of them.

Volkswagens may look like small cars, but only on the outside.

Inside is another story altogether.

A Volkswagen Rabbit, for example, has (incredibly!) more space for people than 19 other cars in its class, including Monza, Mustang II, Pinto, Sunbird, and Datsun F-10.

The Rabbit also has (shockingly!) more trunk space than 34 other cars, including Cadillac Seville, Thunderbird, Camaro, Monza, Nova, Comet, Starfire, Firebird, Skylark and Ventura.

These are official U.S. Government sta tistics, by the way, published in the officia Environmental Protection Agency 1977 Ga Mileage Guide.

The Rabbit also goes like a bat out of you know-where. From 0 to 50 in 7.9 seconds i sports car performance.

Moving along smartly to our Dasher. W hope you'll be floored to learn that the VW Dasher Wagon, according to the same EPA guide, has more trunk space than an wagon in its class made by any other man facturer. Meaning General Motors, Ford Chrysler, Datsun, Toyota.

energy crisis
nto a small car.

And if your
ily doesn't
d quite that
ch space,
her also comes in a beautifully appointed
oor Hatchback and 4-door Sedan. Yet
h Dashers have way more passenger
m *and* trunk room than *any* Japanese
in their class and more than most
erican cars in their class.
inally, Scirocco. The VW
occo is a true sports
that can bring home
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cirocco is just some-
g else, beating every-
g in its class (and a
f other classes). Yet it
more trunk space
n any—repeat—*any*

car in its class made by any—repeat *any*—manufacturer.

All the new Volkswagens were made for the times that are on us now. Rabbit and Scirocco get 24 MPG in the city, 38 MPG on the highway. And our Dasher gets 22 MPG in the city, 37 MPG on the highway. (EPA estimates with standard transmission. Actual mileage will depend on how and where you drive, optional equipment, and the car's condition.)

Yet even with all this economy, there is nothing quite like them for their combination of handling, performance, reliability, safety, space and just plain wisdom of design.

You're going to appreciate them. Better still, you're going to love them.

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Away from

Interstate 5 is the West's most heavily traveled north-south road. It's a distance saver and therefore a gas saver. It's a time saver. Millions find it a bore. But within 10 minutes of I-5 are all kinds of treats. Here's our border-to-border sampler

BILL ROSS

Taming *the notorious Grapevine grade, I-5 cuts through the Tehachapis north of Los Angeles, angles down to the seemingly endless straightaway of the San Joaquin Valley*

DON NORMARK

JERRY FREDRICK

The delights *just beyond I-5: rental sailboats above Los Angeles; farm visiting south of the Canada line; picking your own vegetables near Stockton; quenching your thirst in Dunsmuir at the end of a hot summer's day*

Long-distance drivers on the West Coast find it hard to resist Interstate 5.

Wide, fast, and in places surprisingly scenic, it goes right through San Diego, Los Angeles, Portland, and Seattle. And it hits all three coastal state capitals; Sacramento, Salem, and Olympia.

When one last gap—a 20-some-mile stretch between Stockton and Sacramento—is completed (bids are being called this month), I-5 will offer 1,400 miles of driving without a single stoplight. If you wanted to, you could drive it from Tijuana, Mexico, to Blaine on the Canadian border, in just over 24 hours.

But as is true of all superhighways, it can be a bore. Unlike its north-south predecessors (mainly old U.S. 99), it misses the diversions of small-town Main Street, the coolness of shade trees, the friendliness of roadside stands. Where it diverges far from old 99 and cuts a new swath on the west side of the San Joaquin Valley in central California, the new highway is as straight and as empty as any road in the West.

Fortunately, there are many dozens of worthwhile places to break an I-5 trip, whether long or short.

On the next eight pages we suggest some that are no more than 10 minutes from the highway. We've selected places where families will be welcome, where you can stretch your legs, exercise the dog, have a meal, learn something about the countryside. Some offer coolness, which could be especially welcome this year as drivers reduce speed and turn off air conditioners to save gasoline. None of the stops is in a city. You'll find restrooms except where noted.

In addition to the stops we list, there are numerous state-operated roadside rest areas for drivers in both directions—about 30 from border to border. Located in rural areas, they provide picnic tables, telephone, and restrooms. Many have separate areas for passenger cars and recreational vehicles. At their best they can reduce the sight and sound of passing high-speed traffic. There is no food for sale.

Our listing of attractions is only a sampling. You can easily make discoveries of your own. We begin on the next page, with suggested stops from San Diego County to well north of the Tehachapis.

BILL ROSS

3. Castaic Reservoir . . . swimming in and boating on Southern California's drinking water

While you and your car cool off on the Ridge Route portion of I-5, you can learn about the controversial California Water Project that will be paralleling the highway for the next 300 miles up the San Joaquin Valley. The visitor center at Castaic Reservoir shows films about the project, on request, daily from 10 to 6. There are food concessions near the lagoon (it's smaller than the principal reservoir and is used for recreation). There's swimming on the west shore and paddle boats, rowboats, rubber rafts, catamarans, and small sailboats for rent.

Exit from I-5 on Lake Hughes Road and drive 3 miles past the lagoon and reservoir to the visitor center.

4. Hardy native elk staging a comeba

With antlers and fur coat, the tule elk loo like a refugee from the North Pole. I the Central Valley's wet marshes or supported huge herds of the small c Best time to visit the 65 residents of Tule Elk Preserve near Tupman is at 2 P feeding time. If you miss that, come anyw you may catch sight of the animals at a time, and you can picnic on tree-shaded tab at the viewing center while you wa

Take the Stockdale Highway exit west. south on Morris Road and follow sig

Interstate 5 *crosses a salt-water marsh just north of San Diego*

JERRY FREDRICK

North from San Diego: hang glider watching, skateboarding, elk watching

5. If you need a rest stop midway between L.A. and Stockton

Amaze your friends by turning boldly into Kettleman City. Head down the main drag (State 41), then left on General Petroleum to Eighth Street. Only 2 miles from the freeway, but out of earshot, is Kettleman City Park (maintained by Kings County). There are new restrooms, picnic tables, and elm, sycamore, and Modesto ash with sturdy trunks to lean against.

5

California Aqueduct crosses I-5 at Kettleman City (number 5 on map). You can walk along the waterway; fish for striped bass and catfish; and look for pheasant, quail, doves, rabbit, song birds—attracted to sheltering palo verde and quail bush (*Atriplex*) planted by the state.

4

2. Riding the bowl at Carlsbad Skateboard Park

This was the first of California's burgeoning concrete parks for surfers on wheels. There's no charge to watch from your car. Rent a board for $1.50 or bring your own; you'll pay $2.25 for 2 hours, plus 75 cents to rent the required pads, helmet, and gloves.

On quiet urethane wheels, up to 40 riders at a time can carom off the curvaceous 12,000-square-foot course. Occasional blasts of recorded surfer music stiffen the courage and break the silence. The action is 9 A.M. to 11 P.M. daily.

Take the Palomar Airport Road exit; proceed east for 6 miles. The park is at the entrance to the Carlsbad Raceway.

3

Los Angeles

1. They'll be jumping off the cliffs at Torrey Pines

When the wind comes in off the ocean at 15 or 20 mph, San Diego glider pilots head for Torrey Pines. Sail planes (conventional aircraft tow them aloft), hang gliders, and radio-controlled model gliders vie overhead for air space. Perhaps the most exciting to watch are modern Icaruses in their hang gliders: Strapped into brightly colored wings, they perch 300 feet above the surf and jump off into the updraft.

Spectators are welcome (only two privy toilets) but on sunny summer days you will have to compete for parking space with bathers at popular, swimsuits-optional Black Beach at the base of the cliffs.

From I-5 turn off on Genesee Avenue and go west to N. Torrey Pines Road. Head south and at the Salk Institute entrance (also marked Gliderport and Torrey Pines Scenic Drive), turn right and park where there's space.

2

1

San Dieg

Tijuana

BILL ROSS

Irrigation *is underway near Three Rocks exit in Fresno County*

Redding

Between Red Bluff and Redding, oaks shade a roadside rest area (northbound only) away from traffic.

9

Up the Central Valley... lunch with the Basques or olives and pomegranates in the park, water sliding, cherry harvesting

8

A good-smelling thicket of blue gums shades roadside rest areas just south of Dunnigan, 40 miles north of Sacramento.

8. A cool green stop along the Sacramento
California's mightiest river meanders past the levee at Colusa - Sacramento River State Recreation Area. Beneath cottonwoods and willows you can picnic and watch the river activity (swimming, fishing, boating). Primitive camping is nearby.

From I-5 turn east 10 miles on State Highway 20 into the town of Colusa to the park.

Sacramento

The Country Place, south of Stockton, lets you harvest for yourself some of the ripe produce you've been driving past. You'll find cherries in ea June, apricots all month; call (209) 835-5804 for daily crop report. There are outdoor toilets. From the south turn of on I-580, go north on Patterso Pass Road, cross I-205 to the ranch; return on I-205 to I-5. Southbound drivers exit I-20 to ranch; return south on Patterson Pass to I-580 and I-

Stockton

7

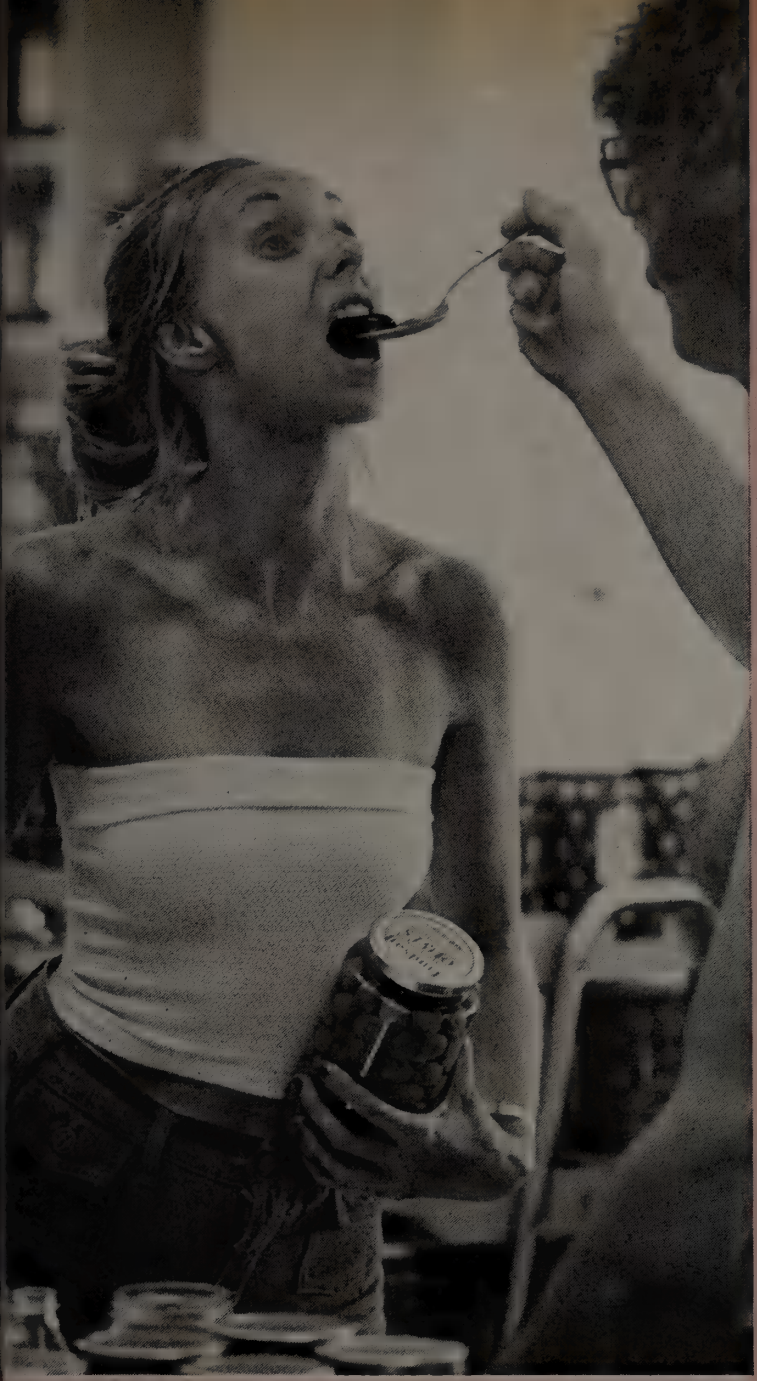
JOHN F. MARRIOT

7. Manteca's 725-foot water slide
To break the monotony of the drive, how about climbing up a hillside, then shooting 725 feet down a curving water-filled flume, ending with a splash into a lake? It will cost you $1 to enter Oakwood Lake resort (there's also swimming, picnicking, a snack bar, and rental boats), then $1 for a ½ hour of sliding on a plastic pad. The watercourse runs 10 to 10 daily through summer vacation, then weekends to November.

Northbound on I-5 take Highway 120/ Manteca exit; take first right (McKinley Avenue) and go 1 mile, then turn west to 874 Woodward Avenue. Southbound, exit at Louise Avenue and go under the freeway to McKinley.

Harris Ranch Restaurant near Coalinga opened this spring, serves fresh local food in attractive $2 million setting. Coffee shop is open daily, offers box lunches to go. Restaurant serves dinner (including 8 cuts of steak) for $5.25 to $9; closed Monday, weekend reservations recommended. Country store sells local products. At State 198 exit (70 miles south of Los Banos), it's worth planning as a meal stop.

6



JERRY FREDRICK

9. French olives and pomegranate juice to top off a picnic under giant oaks

The route of U.S. Highway 99 through Corning used to be lined with stands selling local olives. With the I-5 bypass, only a few survive. Hansen's Glassblowers (shown above) sells original glass pieces and lets you sample some varieties of olives. You can move on to 20 types of almonds and then wash them down with such fruit surprises as boysenberry, muscat grape, pear or peach juice. Or you can take it all with you to Tehama County Park (above right) where ancient oaks shade a grass slope facing the Sacramento River. The park provides barbecues and electric outlets. A trailer park next door has a small grocery; there's a restaurant in the park where you can eat a meal while enjoying the view. From the South Avenue exit, Hansen's is at the first left; the park is 8 miles straight ahead.

JOSEPHINE COATSWORTH

6. For trencherman, a place to dig in

Famished from driving? Try a typical lunch at the Woolgrowers Restaurant: soup, salad, stew, lamb chops and French fries, cheese, wine, bread and butter. Cost—$3.50. The meal is Basque and served at long communal tables. Lunch is served from 11:30 to 2. Dinner, served from 5 to 9:30, includes an additional entrée, costs $5.50. Kids under 10 pay half price. It's closed Mondays.

From the south leave I-5 on State 165. Go north to Pacheco Boulevard in Los Banos (State 152). Turn west to Sixth Street then north to the end at H Street. Woolgrowers is at 609 H Street. From the north, turn off on State 152 to Sixth Street. It's under 10 miles either way.

Salem

North of Salem, sign says you're crossing the 45th parallel, midway between equator and North Pole

14. Give your legs a treat on Eugene's comfortable jogging course

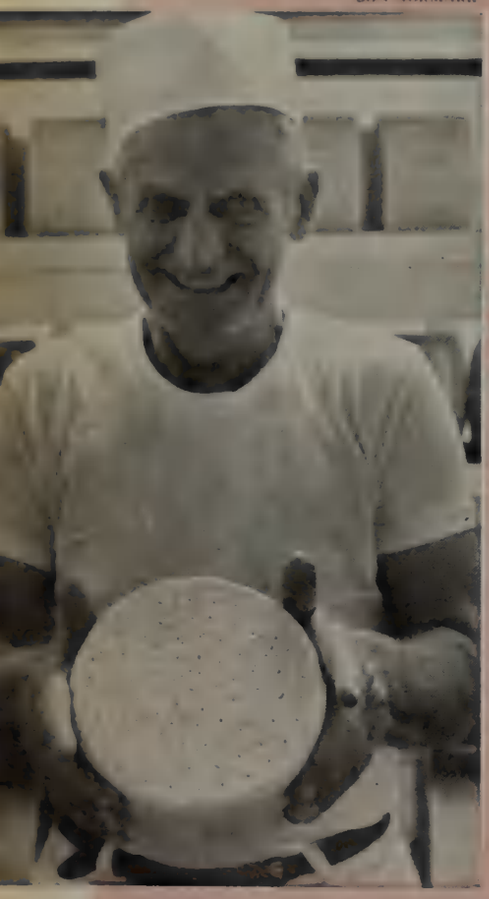
On Pre's Trail (named after the late Steve Prefontaine, Oregon's well-known runner), you'll be jogging on hog fuel—cedar shavings and sawdust. You can go up to 5 miles in four loops. One loop passes through a filbert orchard that hadn't leafed out when we visited in spring. There's also a parcourse to challenge you and a rest room for changing.

Northbound: Take the Eugene Downtown/University of Oregon exit west to Franklin Boulevard. Cross Ferry Street Bridge. Turn right on Centennial Boulevard; park is just off to right. Southbound: Take same exit. In ½ mile turn left onto Coburg Road then right onto Country Club loop. It's ⅛ mile to the park.

Eugene

14

DON NORMARK



12. Say cheese, any weekday

Bernhard Jacobsen handles blue-cheese chores for Central Point's Rogue River Valley Creamery. They also sell jack, caraway-seed jack, raw-milk Cheddar. At press time, mild 2-pound Cheddar cost $2.70, sharp Cheddar $3.10. Hours: Monday through Friday 9 to noon and 1 to 5; no rest rooms.

Going north take first Central Point exit, follow Front Street, go right on Pacific Highway.

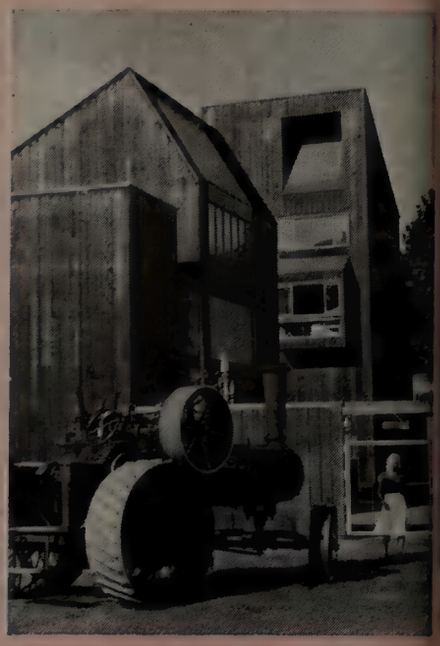
Southbound, take first Central Point exit, go south to 311 N. Pacific Highway (old U.S. 99).

13

Fresh raspberries await south of Roseburg. Exit at Weaver Road to a stand east of I-5. Six-week season peaks around July 4.

Between Medford and Grants Pass, try Valley of the Rogue Park Rest Area for river swimming, picnicking, camping under the madrone.

12 Medford



13. You're invited in for a look at Douglas County history

Douglas County encompasses the entire watershed of the Umpqua River from the Cascade Mountains to the sea. The history of the county encapsulates the saga of much of southern Oregon. The county museum is housed in contemporary shed-roofed structures in Roseburg. In addition to farm machinery, such as the J. I. Case Steam Traction Engine shown above, you'll see such displays as a blacksmith shop and pioneer kitchen. It's open daily 8:30 to 5 except holidays, without charge. Beyond the museum is the Fairgrounds Park along the Umpqua.

In Roseburg, look for the exit marked County Museum; the museum is just east of I-5.

11

North of Weed, a small rest area offers perhaps I-5's best view: a close-up of Mount Shasta.

10

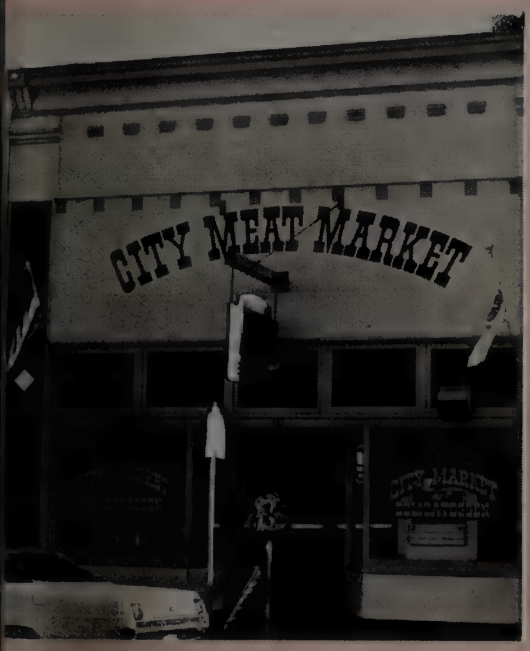
At Dunsmuir you can sample what locals proclaim the "best water on earth." Look for the drinking water kiosk on Dunsmuir Avenue between South and Central Dunsmuir exits.

Lake Shasta

DUNCAN MCDONALD

Shasta, Siskiyous, and north, cold-water picnic, cheese discovery, farming history, stopover for jogging

I-5 *twists south of Roseburg*



1. Yreka's restored district 2 blocks away

Of all the small towns along I-5 none has made more progress in refurbishing its downtown (W. Miner Street) than Yreka. City Market and Delicatessen (built in 1854) sells a $4 picnic with two sandwiches, choice of seven salads, split of wine. Hours: 11 to 9 Monday through Saturday. To picnic, go two blocks west on Miner to City Park (shade trees and play equipment).

Take the Central Yreka exit and turn onto Miner Street.

10. Instead of better-known Shasta, consider a stop at Castle Crags

I-5 bisects Castle Crags State Park. The part you want is on the east (camping's to the west). You'll find picnic tables dotted through the pines along a trail that parallels the cold water of the upper Sacramento. You may also find fishermen, stream waders, and inner tubers, rockhounds looking for serpentine, and photographers snapping their friends against the granite crags. Day use costs $1.50 per vehicle.

Castle Crags exit is 25 miles north of Lake Shasta. Picnic area is several hundred yards from I-5.

JERRY FREDRICK

Oregon into Washington . . . antique shopping, fishing, tennis, the Tumwater Falls, the Skagit strawberries

DOUG WILSON

South Lake Samish *lies south of Bellingham in rolling wooded hills*

18. Top off the long drive with strawberries and raspberries

You should find strawberries fresh from the fields of Skagit County from mid-June to mid-July, and raspberries in July and August. From south to north, here's where to look:

Snow Goose (that's their painted hand at left): just west of Conway - Lake McMurray exit.

Harvest Moon: 1½ miles west of Mount Vernon exit on Memorial Highway.

Buckingham: take George Hopper Road exit, go east to Highway 99 and north 1 mile.

Four Seasons: use Highway 20 exit, go west on highway for a mile and a half.

Larry's Garden: take Highway 20 exit west for about a mile.

Hovander Homestead Park. Whatcom County's largest barn, a barnyard, and a restored Victorian farmhouse are open. Nearby are a river, picnicking, and children's play area. Some 13 miles south of the Canadian border, take Axton Road exit; go west for a mile, follow signs 1 more mile.

16. Fishing, tennis, woods within 100 yards of I-5

At Centralia's Fort Borst you're close to freeway but thick stands of Douglas fir hide traffic. Children have a shallow pool and a fishing pond. There are six tennis courts and a snack stand.

Exit I-5 on Harrison Street; go south on Belmont to fort.

15. Catching up with the past, 20 miles south of Portland

White frame houses are the legacy of Aurora Colony, a utopian community founded over 100 years ago. Visit Ox Barn Museum (open Wednesday through Sunday, 1 to 5). Also near intersection of 99 East and Aurora-Donald Road are antique shops usually open midmorning to 5, closed Monday. Southbound, turn off at Canby-Hubbard Exit. Use Aurora Exit from the South. Follow the signs to Aurora Colony.

Vancouver

18

Seattle

Olympia

17

16

Check your odometer: 12 miles north of the Washington border is a pleasant rest area away from the I-5 noise.

17. It's the water, it's the fal

If you know your beer labels yo will recognize these falls. Par officials at Tumwater Falls Par don't allow swimming. But thes local youngsters can't resist summer's-day dunking at the lowe end of the well-kept 15-acre parl

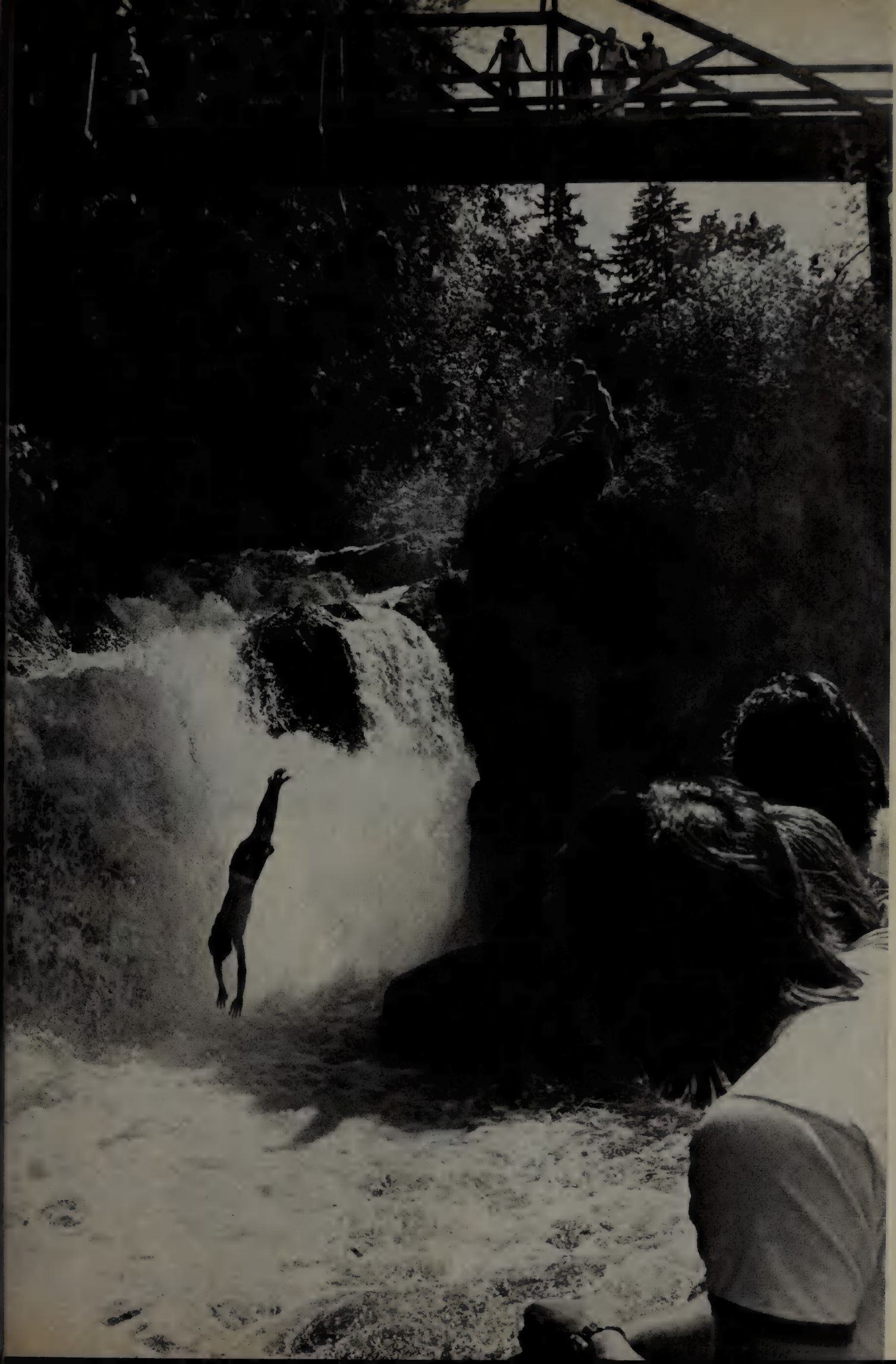
From the falls to a grassy picni area, you can walk for 95 feet pa ribbons of water cascading dow the canyon. Many visitors combin a park stop with a walk up to th brewery for a tou

From the north, turn off at th Tumwater exit. From the south take the Tumwater Falls Park exi

Portland

15

DON NORMARK



White beans *make a creamy smooth dip with lemony tang; scoop it up with romaine spears for a nutritious appetizer or snack. You'll find the recipe on page 93*

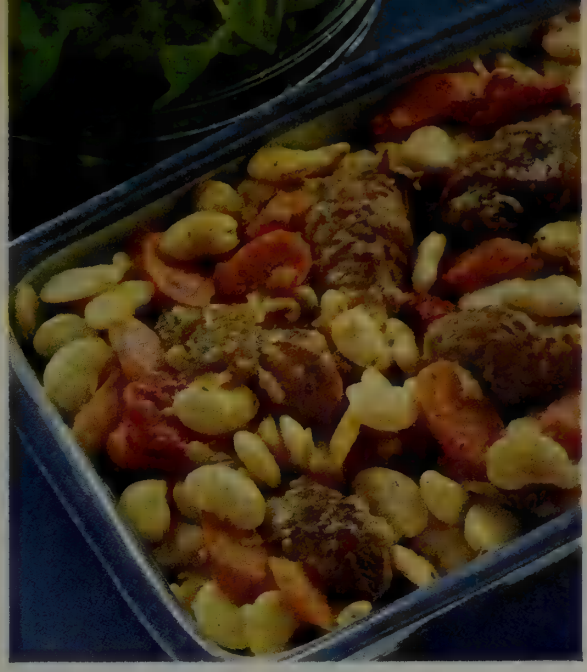
Sausage *flavors this hearty bean stew; it's easy to make with fresh vegetables, Great Northern beans, and the recipe on page 169*

GLENN CHRISTIANSEN

Beans are making news

Dry legumes are getting nutritionists' attention. They are both protein rich and inexpensive. They are loaded with B vitamins and minerals. Cooking methods are changing. New bean products are coming. We report the results of delicious testing in *Sunset's* kitchens

Elegant-looking *black bean soup topped with zesty marinated rice is a Cuban recipe we've adapted on page 169*



Buttery-flavored *large limas simmered with chicken and carrots make an appealing dish for a family supper; recipe is on page 169*

Quick-cooking lentils *baked with an egg on top provide one of the serve-anytime recipes on page 93. Accompany it with warm flour tortillas, butter*

Over the past 20 years, food scientists have begun to pay a great deal of attention to some of man's oldest foods, the dry legume family made up of beans, peas, and lentils.

As the world becomes increasingly concerned about food supplies, especially sources of protein, legumes hold promise: They are some of the best vegetable protein foods known, they're inexpensive, they're available nearly world-wide, and when dried and stored under optimum conditions, they keep almost indefinitely. On page 92 you'll find a guide to the 15 varieties that grow in the West.

Thanks to new research by the scientists, we now know much more about bean nutrition, cooking methods are being updated, and our markets should soon stock a new generation of bean products that are quicker to cook and easier to digest.

In *Sunset's* kitchens we've been experimenting too, and we have some suggestions for using legumes in all kinds of ways for casual meals. On page 93 are recipes for salads, dips, vegetable side dishes, and quick entrées; on pages 169 and 170 are a collection of soups and stews. You can start all the recipes with canned or home-cooked dry legumes.

Beans, peas, and lentils —they're hard workers

Dry legumes rank near the top among foods providing the most nutritive value for their cost. They are important natural sources of several B vitamins and of iron, calcium, and potassium. They contain no cholesterol (unless animal fats are used in their preparation), they're low in sodium, and they're good sources of fiber.

They lack only one of the essential amino acids that constitute protein. But small amounts of meat or cheese eaten at the same time supply the missing element, methionine, which animal protein has in abundance.

Dried beans, however, also have drawbacks: They need to be soaked and then cooked, which can be a time-consuming process; and some people find them hard to digest. Now, though, a new quick-cooking process, developed under Dr. L. B. Rockland at the Western Regional Research Center of the U.S. Department of Agriculture, might be the answer: Dried beans treated by a soaking process can be sold refrigerated, frozen, or redried. Then they'll cook in 10 to 30 minutes without presoaking.

This new process also makes beans easier to digest, and should insure more complete utilization of the nutrients. We were impressed with the smooth texture and fresh natural flavor of these experimental products.

At present only a few of these new quick-cooking beans have reached markets in some areas of the West. In the meantime, for our recipes buy conventional dried beans or canned dried beans.

To include dry legumes in your family's diet, it's easiest if you keep on hand several kinds in handy-to-use form. Dried beans need to be soaked and cooked, but you can do this ahead and refrigerate or freeze them. Or buy them already cooked in cans. Dried lentils and split peas don't require soaking before use and are naturally quick cooking.

Soaking and cooking dried beans

There's more news here from Dr. Rockland: He says that dried beans should be soaked, rinsed, and drained, then

Here are the 15 legumes grown in the West . . . beans from California, Idaho, and the Rocky Mountain states, split peas and lentils from eastern Washington, northern Idaho

GLENN CHRISTIANSEN

1. Cranberry. *Turn creamy white when cooked. Distinct sweet flavor, preferred for Italian-style dishes.*

2. Blackeye. *Soul food of the South, gaining popularity here. Smooth texture, pealike flavor; good with chicken, fish, pork.*

3. Pink. *Use interchangeably with pinto and red beans for chile con carne, barbecue beans, robustly flavored soups and stews.*

4. Yellow split peas. *They cook quickly without soaking. Good for soups, vegetable side dishes.*

5. Lentils. *Mild flavor blends deliciously with many different foods. They cook quickly, don't require presoaking; often puréed for soups.*

6. Pinto. *Mexican origin, first choice for refried beans; accept sturdy seasonings like cumin and chile powder.*

7. Black turtle. *Different from Oriental black beans. Robust flavor; popular in Caribbean, Mexico, Brazil.*

8. Great Northern. *Mild but distinctive flavor. Good as vegetable side dish or combined with chicken, lamb, ham.*

9. Small white. *Smaller, firmer than traditional navy beans. Hold shape when cooked; they're classic for baked beans.*

10. Garbanzos *(also called chick peas). Firm texture, nutlike flavor. Require longer cooking than most. Popular canned.*

11. Red. *Hearty flavor similar to pink and pinto beans. Best alternate when black beans not available.*

12. Green split peas. *Use the same as yellow peas; both varieties split naturally when dried, skins removed.*

13. Kidney. *These are light variety; dark is used mostly for canning. Firm texture, meaty flavor, hold shape well.*

14. Large limas. *Aristocrat of beans with buttery, nutlike flavor; blend well with chicken, smoky meats, cheese.*

15. Baby limas. *Different variety from large limas. Versatile; use like other white beans in soups, casseroles.*

cooked and drained again. Draining has not been indicated in most previously published directions. Discarding the soaking and cooking liquid won't appreciably change mineral and vitamin values, he says, and it eliminates factors that may interfere with the utilization of proteins.

Cooking times for dried beans vary widely, even from package to package, and are often actually shorter than packages indicate. Soaking and cooking ahead, before mixing with other recipe ingredients, helps you get just the right tenderness and can minimize final cooking time (sugar, molasses, and acidic ingredients such as lemon and tomato keep beans firm). After precooking, beans keep at least a week in the refrigerator or can be frozen.

There are two methods for soaking dried beans. Most varieties keep their shape best when soaked overnight in salt water, but when you have less time, the quick-soak method is fine. If you live in an area of hard water, add ⅛ teaspoon soda to the cooking water for each cup beans.

Overnight soaking. For each 1 pound dried beans, dissolve 2 teaspoons salt in 6 cups water. Wash beans, add to salted water, and soak overnight. Drain and rinse beans; discard soaking water.

Quick soaking. For each 1 pound dried beans, bring 8 cups water to boiling. Wash beans, add to boiling water, boil for 2 minutes. Remove from heat, cover pan, and soak 1 hour. Drain and rinse beans; discard water.

To cook soaked beans. For each 1 pound dried beans, dissolve 2 teaspoons salt in 6 cups hot water; bring to boiling. Add soaked beans; boil gently, uncovered, adding water if needed to keep beans covered, until tender—25 minutes to 2 hours. Drain. Yields 6 to 7 cups.

Bean salads

All beans can be used in salads, but kidney, garbanzo, blackeye, large limas, and Great Northern are favorites because they hold their shapes well.

For a simple salad, marinate drained, cooked or canned beans (one kind or a mixture) in oil and vinegar or Italian dressing; or use this marinade.

Bean Salad Marinade. Combine ½ cup olive oil or salad oil with ¼ cup wine vinegar, 1 teaspoon Dijon mustard, 1 clove garlic (pressed), ½ teaspoon salt, and ⅛ teaspoon pepper; shake or beat to blend. Makes about ¾ cup, enough for 2 to 3 cups beans.

Create-your-own Bean Salad. Pour marinade or dressing of your choice over cooked beans and refrigerate at least 4 hours (they'll keep up to a week). To serve, mix in any of the following: thinly sliced or diced mild onion, green onion, green pepper, radishes, raw mushrooms, celery, olives, pickles, tomatoes, or marinated artichoke hearts. Or add minced parsley, crumbled bacon, or cooked green beans or peas.

For flavor variety, add mixed salad herbs, dry basil, or dill weed to light, mild beans; add chile powder or cumin for Mexican-style red bean salad.

Lunch or Supper Bean Salads. For each serving, pile marinated cooked beans into an avocado half; or spoon beans into a lettuce leaf. Arrange alongside slices of cheese, ham, or other cold cuts; sliced hard-cooked eggs; cooked small shrimp, chicken, or turkey; or canned tuna.

Bean dip

Mashed cooked beans, blended with zesty seasonings make a party appetizer or nutritious snack. This one has Middle Eastern flavors. Serve it at room temperature with tiny romaine spears, cherry tomatoes, or sesame crackers.

White Bean Dip. In a blender container or food processor, place 1⅔ cups drained, well-cooked Great Northern beans, or large or baby limas; or use 1 can (1 lb.) large limas. Add 4 tablespoons lemon juice and 5 tablespoons olive oil. Whirl, stopping often and pushing mixture into blades of blender; add water as needed for good consistency. Season to taste with garlic salt and white pepper. Garnish with a few whole cooked beans or toasted pine nuts. Makes 1⅓ cups.

Side dishes

Beans, split peas, and lentils can be side-dish alternatives to fresh vegetables.

Broth-cooked Beans. Soak 1 pound dried beans (Great Northern, large or baby limas, blackeyes are good choices) by either method directed at left.

In a Dutch oven, combine beans; 6 cups water; 1 onion, chopped; and 6 chicken, beef, or vegetable bouillon cubes. Boil gently, uncovered, adding water if needed, until beans are tender and most of the liquid is absorbed (time varies). Season with salt, pepper, and butter to taste. Makes about 6 cups.

Beans with Fresh Vegetables. Mix broth-cooked beans (or beans soaked and cooked according to previous directions) with fresh vegetables. Some good combinations: blackeyes with lightly cooked sliced carrots; cranberry beans or garbanzos with lightly cooked zucchini slices; large or baby limas with cooked or canned whole kernel corn or cooked frozen mixed vegetables. Season with salt, pepper, and butter; add basil or thyme leaves, sliced green onion, or chopped parsley, if you wish.

Lentils with Spinach. Rinse and pick over 1 cup lentils. Combine in a pan with 3 cups water; simmer, covered, until tender, about 25 to 30 minutes; drain. Remove stems and thoroughly wash 1 large bunch (1 lb.) spinach; cut in 1-inch wide strips.

In a frying pan, melt 3 tablespoons butter or margarine; add 1 clove garlic, minced, and the spinach. Cover and cook, stirring often, until wilted. Add drained lentils, ½ teaspoon *each* salt and ground cumin, and ¼ teaspoon *each* pepper and ground coriander. Stir until heated through; turn into a serving dish. In a pan melt 3 tablespoons more butter, add 1 more garlic, minced; heat until sizzling but not browned, and pour over lentils. Makes 4 servings.

Whipped Peas. In a saucepan sauté 1 medium-sized onion, chopped, in 2 tablespoons butter or margarine until soft. Stir in 2 cups water, 1 cup split peas (green or yellow), and 2 chicken bouillon cubes. Simmer, covered, until peas are tender enough to mash readily, about 35 to 55 minutes. Mash with a fork or whip, adding ¼ teaspoon ground nutmeg, salt and pepper to taste, and light cream or milk to thin to desired consistency. Makes about 4 servings.

Quick ideas

These two recipes are worth remembering any time you need a meal in a hurry. One uses naturally quick-cooking lentils, the other cooked or canned beans.

Ranch Eggs with Lentils. Bring 2½ cups water to boiling in a pan. Add 1 cup lentils; reduce heat and simmer, covered, until tender, about 30 minutes; drain.

Meanwhile, in a frying pan sauté 1 large onion, chopped, and 1 clove garlic, minced, in 2 tablespoons butter, margarine, or bacon drippings. Add 1 can (about 1 lb.) tomatoes (break up with fork), 1 can (4 or 7 oz., to taste) diced California green chiles, 1 teaspoon salt, and 3 to 4 teaspoons chile powder or to taste. Simmer, covered, for 10 minutes. Add lentils, heat to simmering, then transfer to 4 individual ramekins (about 1½-cup size).

Slightly indent center of lentil mixture in dishes; break an egg into each. Cover with foil and bake in a 400° oven until eggs are set, 12 to 15 minutes. Serves 4.

Quick Nachos Supper. In a frying pan, sauté 1 medium-sized onion, chopped, in 2 tablespoons salad oil for 5 minutes. Stir in 1 can (10 oz.) enchilada sauce and 2 to 3 cups drained, cooked or canned red kidney, pink, or red beans. Heat and stir until mixture boils and thickens.

Spoon onto 2 or 3 heatproof plates. Top with 1½ to 2 cups shredded Cheddar or jack cheese. Put in a 400° oven until cheese melts. Pile fried tortilla pieces or corn-flavored chips around edge of plate to scoop up beans; garnish with ripe olives. Serves 2 or 3. □

PATRICIA J. BERG

Old-timers show classic A-frame leg system and several variations. Some of these weathered tables date back to the 1930s

GLENN CHRISTIANSEN

Good for 50 or more years of weather, picnics, and initial carving

The sturdy all-wood park picnic table is part of every American's experience. The benches are built-in. In the West the wood is redwood or Western red cedar. Newer tables in parks are heavier, with concrete or steel legs—but the classic tables are all wood.

We present two home-size adaptations here—an A-frame and a slightly more complex H-frame. On the opposite page we list all the materials you'll need to build each style. Don't try to skimp on quality: Good-grade redwood or cedar, free of sapwood and loose knots, will resist pest and water decay to give long-term service.

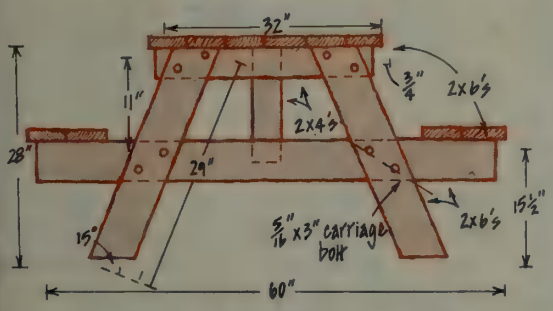
To begin assembly, cut the lumber to length (some building supply stores will do this for a nominal charge). Following the dimensions in the drawings, lay out the 2-by-6 legs and the 2-by-6 and 2-by-4 horizontal supports; mark each piece for bolt holes. Using a 5/16-inch bit, drill holes in the legs first, then in the horizontal supports. With a ⅞-inch bit, countersink the holes ¾ inch on the inside surface of the horizontal pieces. Bolt the pieces together with the carriage bolts.

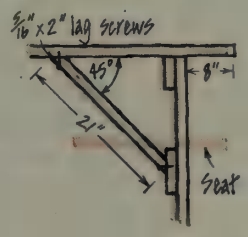
To attach the tabletop, support the assembled legs vertically, and lay one 2 by 6 on top. Adjust the 2 by 6 so the ends project 8 inches past the legs, and one edge projects ¾ inch from the end of the horizontal 2 by 4 (see drawing). Hammer a nail halfway into each end of the 2 by 6 to hold it in place, then lay out the rest of the tabletop boards. Spacing the boards about ⅛ inch apart, fasten each to the horizontal 2 by 4 with three nails at each end.

Square the legs to the tabletop and nail the seat boards in place, following the same procedure as for the tabletop.

Cut the braces and drill two 5/16-inch holes for the lag screws in each end, 1 inch in from each side and 1½ inches from the end. Tack in place (see small diagram at right), drill 3/16-inch pilot holes into the tabletop and bench crosspieces, and drive in the screws.

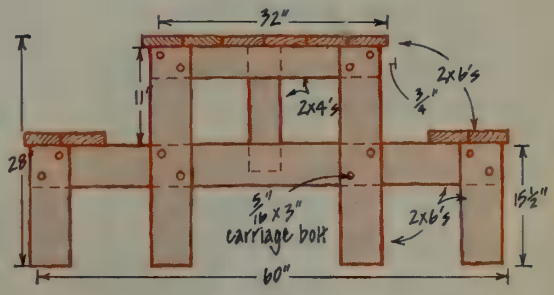
Seal the table with a clear waterproof sealer or a stain. Each style costs about $100 to build. □





A-frame table. *Ample room for up to six adults; angled table legs give excellent stability on uneven ground. Drawing at near left shows location of diagonal bracing and positioning of lag screws*

Materials: *Redwood or cedar 2 by 6's: 10 @ 82 inches, 2 @ 60 inches, 4 @ 29 inches; 2 by 4's: 2 @ 32 inches, 2 @ 21 inches; sixteen 5/16 by 3-inch carriage bolts with nuts and washers; eight 5/16 by 2-inch lag screws with washers; 2 pounds 3½-inch (16d) galvanized nails*



H-frame table. *Short outer legs prevent accidental tipping*

Materials: *Redwood or cedar 2 by 6's: 10 @ 82 inches, 2 @ 60 inches, 4 @ 26½ inches, 4 @ 15½ inches; 2 by 4's: 2 @ 32 inches, 2 @ 21 inches; twenty-four 5/16 by 3-inch carriage bolts with nuts and washers; eight 5/16 by 2-inch lag screws with washers; 2 pounds 3½-inch (16d) galvanized nails*

What can you do about those thirsty pots?

We collect ideas, advice, guesses from experienced consultants

Container gardening came into its own during the West's water-abundant years. Now though, with water supplies diminishing, many gardeners wonder what to do with their valuable—but moisture-hogging—plants in pots, tubs, and boxes.

As with the other drought questions that *Sunset* has attempted to answer in the last year or so, there is no existing rulebook. So we asked some well-qualified people to make calculated guesses. These consultants included four container gardeners from Marin County, California, who got their plants through last year's rationing; four container gardeners from areas that went into rationing this spring; three nurserymen; and two landscape architects.

They suggested a dozen things you can do to reduce the amount of water that you must give to container plants. Here they are, ranked in order from simple and low commitment to difficult and of such a major commitment that you should probably think it over carefully before embarking on them:

1. Move plants to shade, out of wind

If you don't have shade or a nice leeward spot, you can make both by building a roofed, four-walled shelter of saran cloth or similar lightweight screening that creates shade and reduces the force of the wind.

2. Cluster plants together

Containers in a tight cluster lose less water than they would standing apart. The closer you can put them, the better. Be careful not to miss small pots down between larger ones.

3. Get plants out of small pots

If your water is rationed, you'd probably do best to get rid of all containers smaller than 8 inches in diameter. Put these plants in the ground, or combine as many as you can in big containers.

4. Mulch the surface

The best mulching material to reduce water loss from the surface of a container is one that doesn't float. Small stones, pebbles, gravel, or pieces of broken clay pot are excellent. For a container that must stay in the sun, make sure the material is deep enough that the bottom layer doesn't transmit heat to the potting soil. In somes cases, this kind of mulch makes it difficult to finger-feel the dryness of the soil.

5. Use more efficient water methods

The most efficient method is to submerge the container in a tub of water until bubbles stop coming up, and then lift it until the dripping stops. This works only with containers that can be picked up and carried about frequently. Ferns and bonsai plants seem to benefit from watering by submersion more than other plants. (Don't use this system with gray water.)

The watering can is one of the two best devices for bringing water to containers. The other no-water-lost-between-plants choice is a hose with an on-off nozzle at the end and perhaps with a watering stick attached to the nozzle.

Drip irrigation doesn't seem to be much help for residential container gardeners. Some of the West's large nurseries water their plants with drip systems, but those are single crops in which every plant needs the same amount of water—not the case in a mixed collection around a home. Also, the clinical look of a drip system's plastic pipes, flexible tubes, and emitter devices would detract from the appearance of containers on a deck, patio, or terrace.

Watering a container collection with fixed-head sprinklers is wasteful. Valuable water falls into open spaces between the containers.

6. Reduce fertilizing

We have already recommended that plants in the ground should not be fertilized at all during this drought summer. But container plants may need feeding: that's because every time you water a container you wash out some nutrients, and the roots have only a certain volume of soil from which to get nutrients.

You should not fertilize containers as

Poor. *Pot's shallow outer edge loses too much water. This kind should be retired for the duration*

Better. *This pot has fairly straight sides and deep root area*

STEVE W. MARLEY

Put pots *on the surface of a big boxed plant. Runoff from the pots will help water the box*

heavily as you did in previous summers. In general, flowering plants will need more fertilizer than foliage plants. For example, you should continue lightly feeding a potted citrus, rose, or hibiscus, but you may get by with no fertilizer for a potted juniper.

7. Use saucers to reclaim water

Put some kind of saucer or water-catcher under all containers where it's practical. Use it to catch the excess water from each irrigation.

If you have an all-container garden, put the reclaimed saucer water onto other containers. If you have plants in the ground, use the saucer water to help irrigate them.

One clever way of recycling water from a saucer under a heavy pot is with a kitchen squeeze-bulb baster. Just squeeze it to suck water up from the saucer, and then squirt the contents into another container.

If you have access to a big enough variety of saucers, you can select ones of just the right depth for each container. Find this by trial and error, seeking a saucer that's just deep enough to catch all the water that flows through the pot from one irrigation.

PATRICIA J. BERG

Best. *Ceramic pot loses no water through sides. Saucer is deep enough to catch water runoff*

8. Bury some pots

We speak here in terms of hydrangeas, but you do the same thing with any plant that needs lots of water: Hydrangeas have always been highly regarded as summertime performers in containers—when water was abundant and the plants could be watered daily if it was hot or windy. Hydrangeas wilt quickly if they don't get great amounts of water.

To keep big old hydrangeas in containers when you're short of water, you should get the plants' roots underground one way or another. Remove the hydrangea from the container just as you would with a nursery plant, and plant in good garden soil in a shady place. Or dig a pit big enough to hold the container, put the container into it and fill in the container with dampened leaves, shavings, or sawdust.

9. Prune to reduce leaf surface (on some plants)

Leaves transpire the water that roots take in. Old hands at container culture know instinctively that some plants can be pruned in order to reduce this water loss, but other plants of a more sensitive nature should not be cut back.

When pressed, our panel of experts decided to define the tough plants that can be pruned as "the kinds of shrubs and trees you see growing along the freeways"—such things as pyracantha and photinia.

The opposite extreme—plants not to prune in midsummer—are the real sissies such as rhododendrons, azaleas, and Japanese maples. Pruning in order to slow the metabolism on that kind of plant should be delayed until the dormant season.

Generally speaking, it's better to pinch out buds to discourage further growth than to prune out existing growth.

10. Use gray water if it's all you have

As a general rule, the container experts recommend against using gray water on containers. The soil or potting mix acts as a filter and accumulates the soap or detergent solids. Some of the experts say that each successive watering with gray water would flush out part of the deposits left from previous gray water irrigations, but that's debatable.

If you just don't have any more clear water to spare and watering with something is a life-or-death matter for a valuable container plant, gray water would be preferable to desiccation. But try to use the clearest water available.

11. Change container types

Some container materials are more water retentive than others; some are more porous than others. There is a definite order of preference for the summer of 1977. From most to least water retentive here is how the kinds of containers rate:

1) plastic
2) metal
3) concrete
4) glazed ceramic
5) wood
6) porous ceramic (clay pots)
7) paper pulp
8) pressed peat
9) wire lined with sphagnum moss

If you have plants in pressed peat or wire containers, you should immediately move them into the ground or into containers that are more water retentive. But with containers from number 7 on up the list, you should do a bit of measuring and mental computing before you make such a move.

If the new container is approximately the same shape and size as the old one, and if the root ball does not have to be reduced or damaged during the transit, go ahead and make the move. But if, in order to do the transplant, you would have to shave much off the existing root ball or if you'd have to fracture it, postpone the move until late fall.

12. A new container and a new potting mix

If you're going to move a plant into a less water-wasting container, you can also give it a less water-wasting soil mix.

The packaged potting soils sold at nurseries and garden stores are fine in normal years. But in time of water conservation they are inadequate. They contain so little clayey material (and so much fibrous material) that water runs through them too fast and evaporates too quickly.

If you can make your own potting soil, include from ⅓ to ½ clay soil or clay loam soil. Break such soil up into dust or crumbs, and mix it with the other ingredients (leaf mold, nitrogen-stabilized ground bark, or such).

Another choice is to buy a packaged potting mix and add body (water retentiveness) by mixing in ⅓ to ½ pulverized clay or clay-loam soil or fired calcine clay (sold as one kind of cat litter). □

DARROW M. WATT

2. *Roll each portion in nylon net to make a casing for the salami log*

1. *Mix ground beef with curing salt and other seasonings; cover and chill overnight*

Slice and serve *homemade salami to eat by itself, in sandwiches, or with other appetizers such as grapes and cheese. Basic salami flavor can be varied according to the herbs or spices you mix in*

Picnic salami

It tastes so very good it's hard to believe it's so easy to make

The taste is great. It's not at all tricky to prepare. And it's inexpensive—a third reason to try this salami.

It's not like the dry Italian salami you're familiar with, but more like the cured luncheon meat you can buy. For summer picnics or snacks, our version is tasty alone or with crackers or cheese; it also makes an exceptionally good year-round sandwich meat.

You start with the least expensive ground beef from the supermarket, then mix in various seasonings and chill it overnight. Next day, roll the portions in nylon net (it acts like a casing) and bake them. In the oven the excess fat slowly cooks out, leaving lean, easy-to-slice, fully cooked meat rolls. The salami keeps in the refrigerator up to three weeks or can be frozen up to two months.

The only special ingredient you'll need is prepared curing salt. It's basically a mixture of salt, sugar, spices, and special preservatives that give the salami an appetizing reddish pink color after it's baked. You can buy the curing salt from some butcher's equipment and supply companies and from many feed stores, especially in rural areas. But should you have difficulty finding it, you can mail-order a 2-pound box—the only size available—for $2.25 (check or money order) from Morton Salt Company, Dept. SM, Box 355, Argo, Ill. 60501; price includes postage and handling.

The nylon net you'll need is sold by the yard in most fabric stores. Purchase the least expensive net with the largest holes.

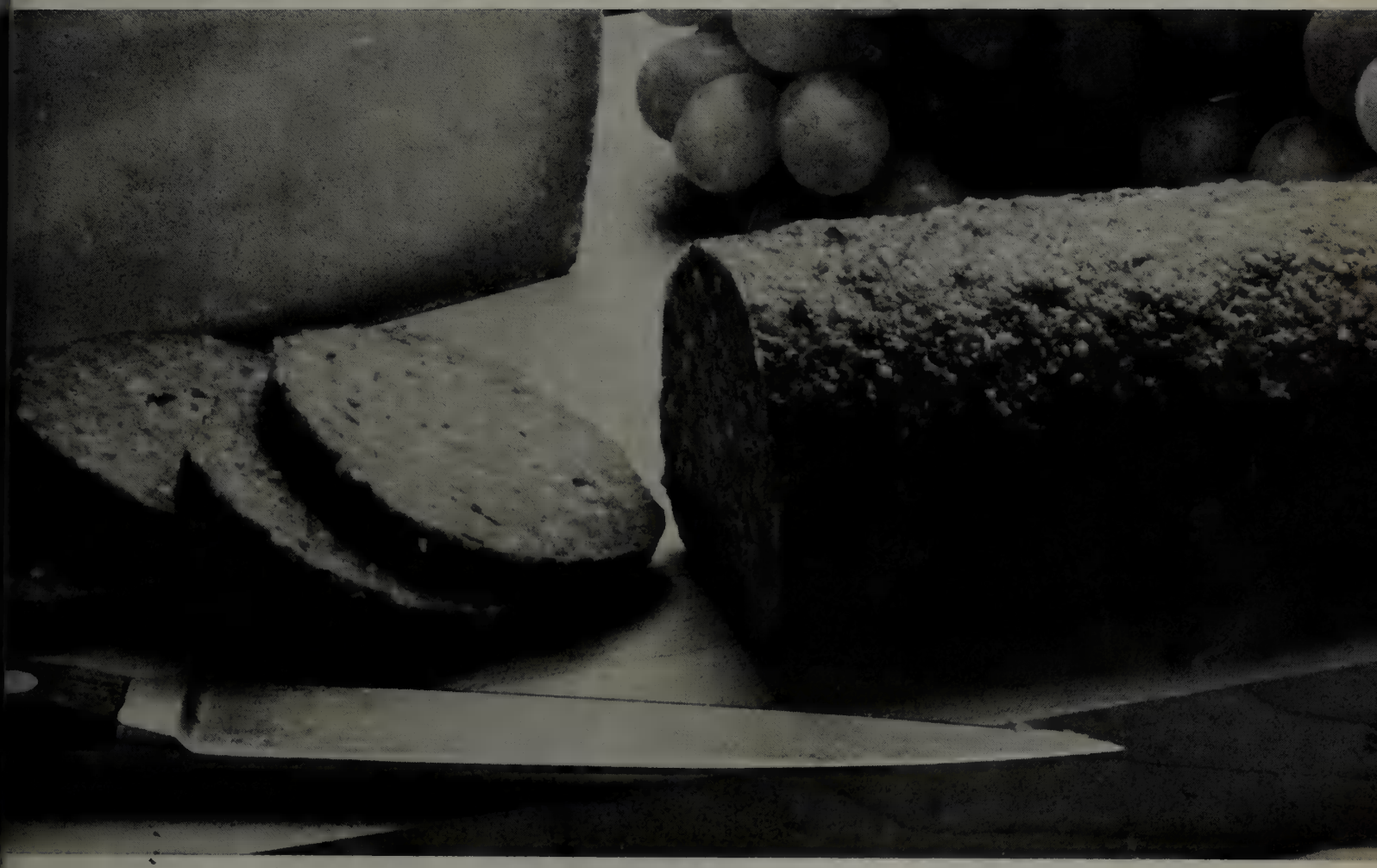
Smoky Beef Salami

In a large bowl, *thoroughly* mix 4 pounds ground beef (maximum fat content about

3. *Tie ends securely with string, then place rolls slightly apart on a broiler pan rack*

4. *Bake slowly so salami stays moist while the excess fat cooks out*

5. *Unwrap after baking; pat rolls well with paper towels. Wrap in foil; refrigerate or freeze*



25 percent), ¼ cup curing salt, 2 tablespoons liquid smoke, 1½ teaspoons garlic powder, and 1½ teaspoons ground pepper (or 2 teaspoons whole black pepper). Cover and chill for 24 hours.

You need 24 hours chilling time, then 4 hours baking time

Divide mixture into fourths. Shape each into a compact 8-inch log and place each on a 12 by 18-inch piece of nylon net. Roll up tightly; tie ends with string. Place logs on broiler pan with a rack and bake in a 225° oven for 4 hours.

Remove from oven and take off net. Pat rolls well with paper towels to absorb excess fat. Cool slightly, then wrap in foil and refrigerate or freeze. Makes about 3 pounds.—*C. M., Milwaukie, Ore.*

Herb beef salami. Prepare as directed above with these changes: Omit liquid smoke and add 3 tablespoons dry red wine. Reduce garlic powder to 1 teaspoon and omit pepper. Instead, add 2 tablespoons mustard seed, 1 tablespoon *each* dry basil and oregano leaves, 1 teaspoon onion powder, and ⅔ cup grated Parmesan cheese.

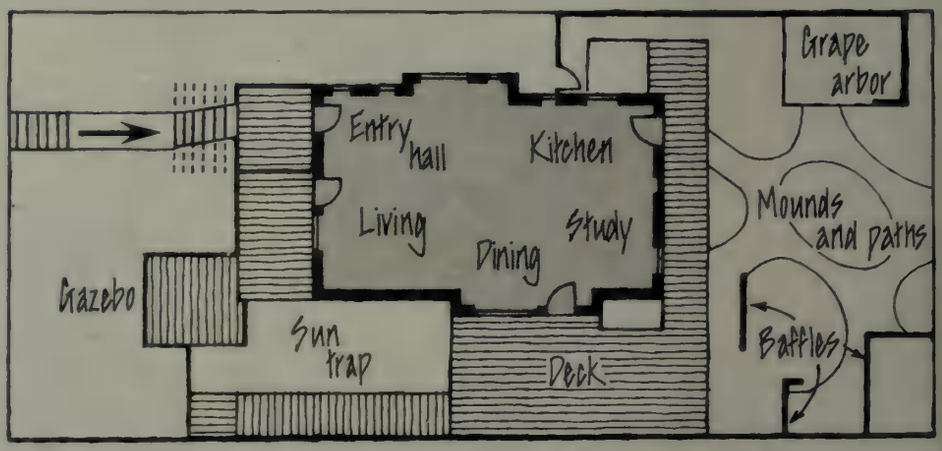
Spicy beef salami. Prepare as above with these changes: Omit liquid smoke and add 3 tablespoons dry white wine. Reduce garlic powder to 1 teaspoon and omit pepper. Instead, add 2 tablespoons chile powder, 2 teaspoons crushed red pepper, and 1 teaspoon ground cumin. □

In just two years, transformation

This astonishing Portland place is remodeled lot line to lot line... planting, gazebo, new decks, new window openness. The owners were the amateur builders

STEPHEN WALROD

Devoid of planting, *Portland house of 1910-1920 vintage loomed high above street.* **At right,** *two years after garden was planted, young bamboo grove creates privacy, fatsias flank new steps, ivy covers slope. Also note new gazebo as front-yard overlook at far right; the picture below shows it from the other side*



Deck, *gazebo, and walkways open three sides of the house to informal, floor-level outdoor living*

Updating this blocky vintage house was a project that stretched from lot line to lot line—and turned house and garden into a single flow of usable living space.

Once perched squarely in the middle of its bare 45 by 100-foot lot, the house is now enveloped in decks and has new plantings all around. The carefully landscaped approach makes you feel almost as if you are entering the house as you take the first steps up from the street. On two sides, doors open onto secluded outdoor-living decks, connected by raised walkways. A gazebo between house and street acts as a private open-air extension of the living room.

The rejuvenation plan was worked out by Portland landscape designer Richard W. Painter, with the aim of matching designs to the building skills of owners Anne and Stephen Walrod.

Decks, steps, and walks

Raised decks and walks, at the floor level of the house, are set on concrete pillars and built of 2 by 4's on edge with tempered hardboard spacers. All the wood was left untreated. Other building projects included the renewing and replacing of front steps and walk.

The new front walk of exposed aggregate was poured 4 to 6 inches thick over the old cracked concrete walk, making it possible to add one riser to the flight of stairs from the street. New steps to the

DON NORMARK

azebo ■ *short distance from front or is a pleasant outdoor tension of living room space. astic screening gives privacy om the street. Roof detailing peats that of the house*

From street *you walk up old concrete stairs (with stout new handrail added), then cross new walk of exposed aggregate poured over old concrete, them climb new wood steps to front deck. Big-leafed Oriental ivy will eventually sprawl over exposed risers of the upper steps*

STEPHEN WALROD

Side yard *on south, long a runway for dogs and children, has turned into living space with trellised walkway and deck off dining room. Gravel covers earth around sun-loving shrubs and reflective water basins*

DON NORMARK

front porch are located where the old flight was, but the treads were angled slightly to funnel foot traffic directly toward the front door.

Fast, easy-to-care-for plantings

Hahn's ivy, restrained by a curb of railroad ties, is a no-care ground cover on the slope up from the street. The dramatic leaf pattern of young *Fatsia japonica* shrubs lines both sides of the front walk. Gold-stemmed bamboo grows in a big clump to one side.

In a few years the fatsias will arch over the walk; the bamboo, which has doubled in size since it was planted two years ago, will tower behind it.

Until plantings grow thick enough to provide privacy for the gazebo from the street, it is being screened with 4-foot-wide mesh-reinforced plastic, stapled to the perimeter fence with battens nailed over the lines of staples.

Gazebo, sun trap and trellis

As important as the work outside was the opening of the house to make the entire property a part of the living space. Windows and doors that were enlarged or added were kept simple to give them the same period feeling as the rest of the house.

Enlarged windows and a new door off the living room lead to a new deck and the gazebo. Because it perches high on its foundation, the open shelter gives privacy and security to the living room and deck behind it. Along the narrow south side of the house, the sun trap at ground level introduces a change of levels to the landscaping.

Above the new south deck off the dining room an overhead trellis was built, strong enough to carry the weight of an existing wisteria vine. The spacing of the over-

View through *double-hung window in living room was just the street. Now, wall has been opened up with taller, wider windows looking out on front deck. New door out from living room was formerly right-hand section of window unit.*

Bare back yard *had a long way to go. Now it contains a small-scale forest of vine maple and Oregon grape with paths curving between planted mounds. Trellised grape arbor (directly above) is a quiet spot for reading, relaxing, playing house*

Walls open up, decks are garden pathways, screens and vines edit the views

head members was graduated to let as much sunlight as possible penetrate—yet at the same time block the view into the dining room from the second-story windows of the house next door.

In back: screens and an arbor

In the back garden, the old chain link fencing remains, but it has disappeared from view behind the plantings and wood screens. Three staggered fence-screens, perpendicular to side fences, channel views around the garden and make it impossible to encompass the whole expanse at a glance. Excavation for a sunken grape arbor in the far corner of the property provided extra soil to build up planting mounds, elevating the groupings of Oregon grape, vine maple, and ginkgo trees.

Present owners of the remodel are Rick and Donna Lee Rappaport. □

Bird watching unlike anything else in all the United States . . . three Arizona canyons just north of Mexico

Whether or not you are a bird watcher, these three canyons in southeastern Arizona are worth a visit. But for bird lovers they're very special: For reasons of geography and climate, the mixture of birds you'll see here is unlike anything you'll see elsewhere in the United States.

Scattered across one corner of the state from the Tucson-Nogales highway east to the New Mexico line, each of these canyons is in a different isolated mountain range, all of them northern extensions of Mexico's Sierra Madre Occidental.

The most unusual birds found here, like the bridled titmouse, coppery-tailed trogon, yellow-eyed (Mexican) junco, painted redstart, pyrrhuloxia, red-faced warbler, and vermilion flycatcher are basically Mexican species. But because this region lies only slightly west of the Continental Divide, a few Eastern species, like the cardinal, eastern bluebird, and eastern meadowlark, are found here as well. The mixture also changes slightly as either summer or winter migrants join the residents.

Also keep your eye peeled for two mammals more commonly found in Mexico: the coatimundi and the hoglike collared peccary (Mexicans call it *javelina*).

Streams in these canyons run most of the year. Trails are often shaded by various oaks, the white-barked Arizona sycamores, other broadleafed trees, and a sprinkling of conifers. Even out in the open where you might expect pure desert, there's a surprising amount of grassland, full of wildlife.

Much of this country is above the 4,000-foot mark and its peaks catch occasional winter snow, yet the year-round climate is relatively mild. April, May, and June, the months with the greatest number of clear days, get progressively hotter. Then, as in the tropics, summer rains come to cool things off almost every afternoon.

From May 1 to August 15 is the best time to see the greatest number of exotic birds—like the trogon, the rarer hummingbirds, and other migrants from Mexico. Almost any time of year can be good for picnicking, hiking, or camping.

In each of the three canyons there is at least one lodge or motel. All are relatively small, so reservations are strongly advised.

Bird watchers will find one small paperback book practically indispensable: *A Birder's Guide to Southeastern Arizona*, by James A. Lane (distributed by L & P Photography, Box 19401, Denver 80219; $4.50). Try to get a copy ahead of time in case it's temporarily unavailable in your bird-watching territory.

If you come through Tucson, stop at Coronado National Forest headquarters for two detailed maps ("South Portion" and "Southeast Portion," 50 cents each) that cover the three canyons. Or order by mail from Coronado National Forest, 301 W. Congress St., Tucson 85701 (write your check to "U.S.D.A., Forest Service").

Madera Canyon . . . in the Santa Rita Mountains near Tucson

Only 38 miles from Tucson, this narrow canyon is well visited. Some come just

On Bog Springs Trail *out of Madera Canyon, these hiking bird watchers scan the sky for the hawks sometimes seen between here and the distant crags around 9,453-foot Mount Wrightson*

Three canyon areas *are marked by stars: Madera Canyon, just east of Nogales highway; Ramsey Canyon (and adjoining Carr and Miller canyons), south of Sierra Vista; Cave Creek Canyon, in Chiricahua Mountains, near New Mexico line*

KENNETH W. FINK

Pyrrhuloxia *resembles cardinal but is less red, with a yellow beak*

Vermilion flycatcher *likes to stay near water. Only the male is bright red*

CHARLIE OTT

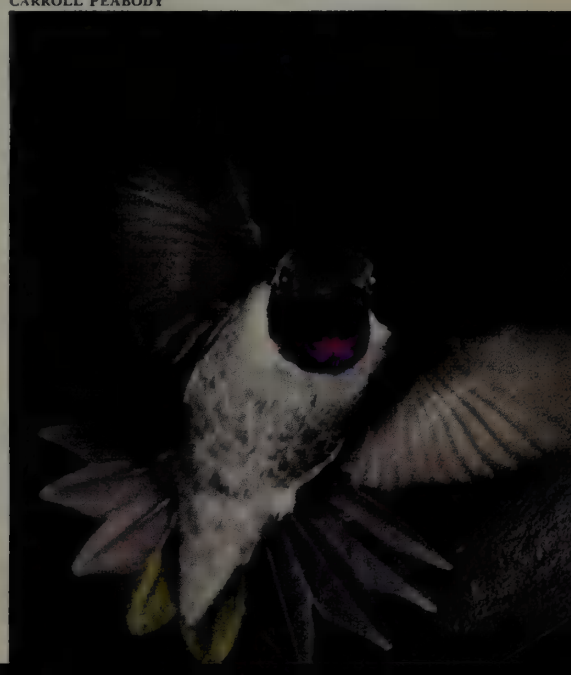
Cardinal, *common in the East, is exotic in the West, where you're likely to see it as a native only in southeast Arizona. Male is all red except for black throat*

DANIEL L. FISCHER

Yellow-eyed (Mexican) junco *is identifiable by its eye color. Look for it on the trail in summer when you get up into pines*

Black-chinned hummingbird, *shown here fanning out its tail, is common summer visitor to feeders in all three canyon areas*

CARROLL PEABODY



for the day or for a meal at Santa Rita Lodge (reservations advised).

As you drive south on the Tucson-Nogales highway (Interstate 19) watch for signs directing you to Continental and to Madera Canyon. There is often excellent bird watching in the dry wash area just before the approach road climbs up into Madera Canyon.

The one campground, Bog Springs (13 sites), is high on an eastern slope. Just beyond a streamside picnic ground, Santa Rita Lodge (Box 444, Amado, Ariz. 85640; telephone 602-625-8746) has rooms and cabins equipped for housekeeping (about $15 for two) and also serves lunch and dinner.

Since both hummingbird feeders and regular bird feeders are widely distributed and kept well filled, bird watching can be good right out your window. Javelina sometimes come down by the lodge at night. Madera Canyon is also noted for its owls.

Private cabins are scattered along the road from the lodge up to another picnic ground at the top of the canyon.

A nature trail about a mile long starts near the lodge. Longer trails take off from the campground and from the upper picnic ground, pass places where the coppery-tailed trogon nests, and eventually reach higher, barer ground and Mount Wrightson.

HELGA TEIWES

They're hiking *across the upper edge of the grasslands where desert vegetation gives way to the rose-colored rock formations that tower over Cave Creek Canyon*

Ramsey is especially the place to see hummingbirds. Owls, hawks, and the Mexican junco like Cave Creek

Ramsey Canyon . . . in the Huachuca Mountains near Sierra Vista

This is a bird watcher's paradise with all kinds of birds, especially hummingbirds —15 species have been seen. The opportunities for hiking inside narrow Ramsey Canyon are quite limited, but you can easily extend your range to the more accessible canyons just to the south.

To get here from Tucson, aim for the city of Sierra Vista, relatively new and fast growing, near the main gate into still-active Fort Huachuca. From the center of Sierra Vista, drive east about 2 miles on Fry Boulevard to State Highway 92, then south 6 miles to the Ramsey Canyon turnoff.

Four-mile Ramsey Canyon Road heads west toward the Huachuca Mountains and ends at a resort called The Mile Hi (Ramsey Canyon, Hereford, Ariz. 85615; telephone 602-378-2785), which has only four housekeeping cabins for rent ($20 a day for two). The Mile Hi and a 300-acre preserve extending up the canyon are both owned by The Nature Conservancy (which also owns the noted bird sanctuary open to the public on Sonoita Creek near Patagonia, Arizona).

At The Mile Hi you are welcome to come in and watch the hummingbirds around the feeders. Inquire at The Mile Hi about other explorations in this area.

There are no campgrounds in this section of Coronado National Forest, but Sierra Vista has motels and restaurants.

Farther south on State 92, side roads lead west into two other canyons offering much the same variety of bird life but open to public exploration without any restrictions. From a turnoff only 1 mile down State 92 you can drive a passable road 7 miles into and above Carr Canyon. And from another turnoff 2 miles farther you can go by road 3 miles into Miller Canyon, then by trail 5 miles to the top of 9,449-foot Miller Peak. In both canyons, once you get up into open country you may camp—but there are no facilities.

Cave Creek Canyon in the Chiricahuas . . . easy approach is from New Mexico

Because the Chiricahuas tend to block off any easy approach from the west, it is simpler to come around by way of New Mexico: via U.S. Highway 80 south from Interstate 10 or north from Douglas, then west to Portal. Yet if you have the time and the weather is right, you may want to go at least one way via the scenic 20-mile dirt road (closed in midwinter) between Cave Creek Canyon and Chiricahua National Monument, over 7,600-foot Onion Saddle.

Cave Creek Canyon is really more like a valley, hemmed in by magnificent cliffs and spires. This is only one aspect of the varied terrain encountered as you get farther out into Chiricahua National Forest. Since much of the canyon ranges upward from the 5,000-foot elevation, it's a favored habitat for such species as the trogon, painted redstart, red-faced warbler, Mexican junco, and various owls and hawks.

Just southwest of Portal are two resorts with housekeeping accommodations, $14 to $20 for two: Cathedral Rock Lodge (Box 155, Portal, Ariz. 85632; telephone 602-558-2365) and Cave Creek Ranch (Box 177, Portal; telephone 602-558-2334). You can get gasoline and groceries at the very small town of Rodeo, New Mexico, or at the small Portal store, which was also, when last we checked, serving meals every day but Monday.

Farther up Cave Creek are several attractively wooded campgrounds. In this area a short road turns left along the creek's south fork, and from a campground at road's end a shady trail continues 7 miles to Sentinel Peak.

On the main road 5 miles southwest of Portal you come to the Southwest Research Station of the American Museum of Natural History. This is a study area, not a public facility, but you are welcome to visit. When rooms are available they may accommodate other guests, with preference given those with strong natural history interests or backgrounds. The cost per day for all meals and accommodations is $15 single or $26.50 per couple. Reserve well ahead by writing to Southwest Research Station, Portal 85632; or call 602-558-2396.

From the Research Station a side road leads to Herb Martyr Lake and several trails. Farther along the road northwest toward Chiricahua National Monument are still other side roads, campgrounds, and trails. □

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Staggered sections *of 3 by 6's lead out to water like a bridge, up slope-like steps*

Six wood platforms *take you over an iris bed. You can walk straight across or meander in zigzag fashion*

Garden walks and bridges of planks . . . zigzags make walking interesting

Bridgeways and boardwalks are highly practical devices to carry you over a watercourse, gully, or marshy or boggy ground. For children at play a plank will suffice; maybe two planks side by side will do for the gardener transporting his wheelbarrow over rough or wet ground. But the bridges can be elaborate, like the ones shown here, when attractiveness is as much a concern as practicality.

A *Sunset* editor found these ideas on a trip through The Netherlands. The staggered bridgeway (above, right) is reminiscent of those found in some Japanese gardens. But the design has been used in Holland since early times. The short bridge-like sections are more pleasing to look at than a conventional straight bridge and, for the amateur, easier to build. Though the sections are staggered at an angle, you can walk across them in a nearly straight line.

In the landing pictured above, the sections are also staggered, providing both a bridge over the mud flats and a wharf for a small boat on the lake. This design could be effective at the edge of a garden pool or across an area often wet during winter rains. It could provide dry passage over a low spot on a lot that collects seepage from sprinklers. Without water, the bridgeway could be used over a dry pond or stream.

The boardwalk shown at the left is reminiscent of the wood sidewalks common during frontier days and still seen in some parts of the West. Raised only a few inches above wet ground, it provides a solid, dry walking surface. If there is a drainage problem, you can let water flow under the boardwalk without affecting the walking surface. The walk serves as a barrier to some low ground covers, while taller plants can spread and spill to soften its edges.

In such walks and bridges, soak all wood that touches the ground with a preservative, or use pressure-treated wood. □

Boardwalk *leads through wooded glen where soil is often wet*

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For one thing, after seventeen years with the same aviation firm, he quit. That was three years ago. And, with two sons in college and three ready to start, it was a pretty daring thing to do.

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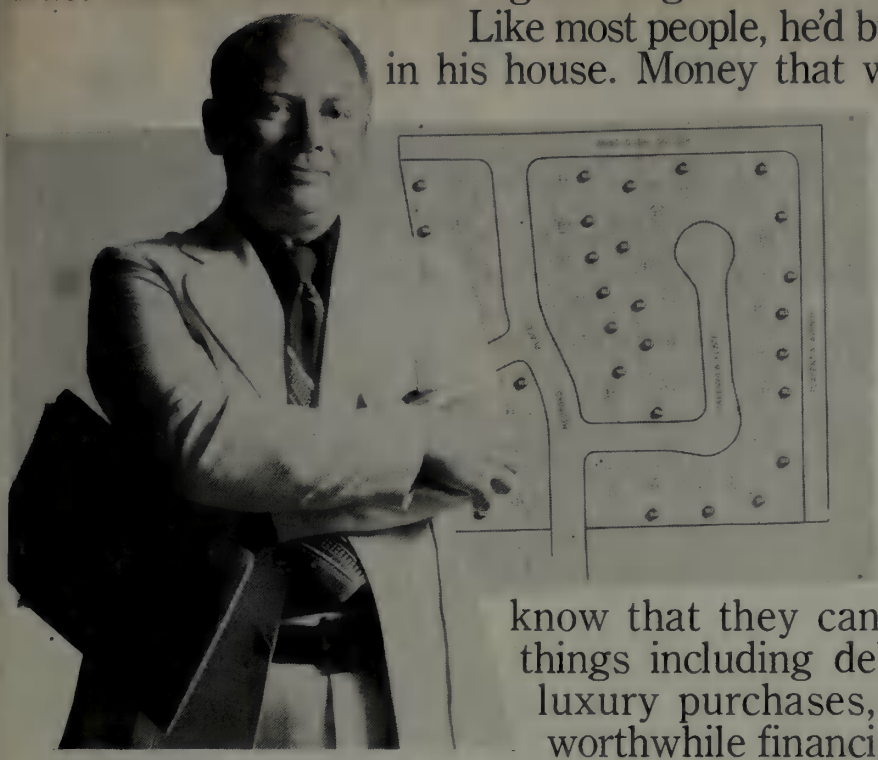

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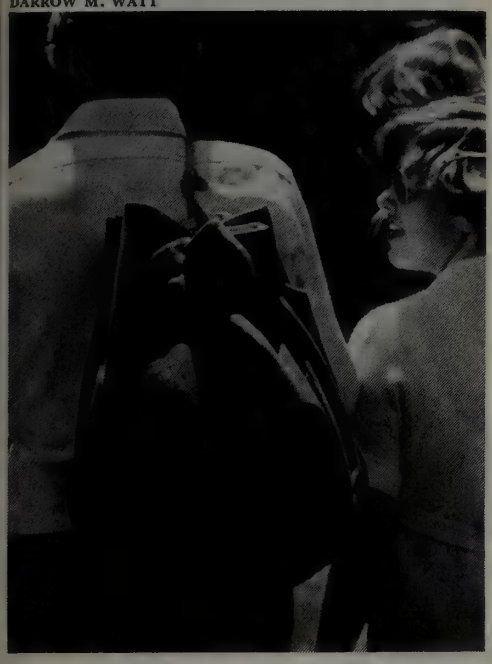


Denim side out: *Drawstring pulls cloth into a picnic bag. Pack plastic plates or wooden cheese board in the center to support other picnic goods*

Gingham side up: *Opened flat, the tote serves as a convenient picnic cloth for a small outdoor spread. Drawstring closure lies flat, out of the way*

Tote bag opens out to a table setting for four

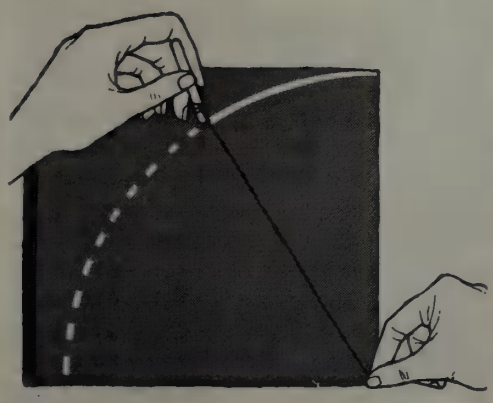
Sewn-in rings *provide slots for packing napkins and utensils and also mark place settings for four*

Slung over your shoulder, hobo style, this drawstring tote can carry picnic service for four; opened out flat, it's also your picnic cloth. Four fabric rings sewn inside hold napkins and utensils in place. The tote is easy to make and costs between $10 and $15, depending on the materials you select. Another bonus: It's completely washable.

You'll need 3¾ yards of fabric altogether: 1⅜ yards of denim or other dark-colored sturdy fabric for the outside, 1⅜ yards of cotton gingham or other lightweight fabric for the inside, and a yard of matching or contrasting fabric for four napkins. Also buy 4½ yards of ¼-inch or 3/16-inch cording and 16 large (¼-inch) eyelets.

Preshrink all fabric. Fold the denim fabric in half lengthwise, right side together, then in half again. Mark an arc with chalk and string (see sketch). Cut along line. Repeat with cotton fabric, saving scraps to make napkin rings.

On cotton fabric, mark placement for four napkin rings; they should be equally spaced around the fabric circle, each 8⅝ inches from the edge. From the cotton scraps, cut four 3 by 6-inch strips for the rings. Fold each in half lengthwise, right sides together, and stitch a ¼-inch seam along the side and one end; turn right side out, tuck open edges inside, and hand-stitch closed. Overlap finished ends and stitch to right side of cotton fabric where marked.



For a perfect circle, *fold cloth in quarters, attach string to chalk, and hold it taut from folded corner to edge as you draw an arc; cut along chalk line*

Match up denim and cotton circles, right sides together, and stitch a ⅝-inch seam along the perimeter, leaving 10 inches open. Turn right side out and hand-stitch open edge closed. Mark 16 spots for the eyelets—10 inches apart, ⅝ inch from edge. Snip small holes large enough to insert eyelets, then attach them with a hammer and eyelet tool (eyelets and tool are available in kits for about 70 cents at notions counters).

Cut four 10-inch squares of fabric for the napkins. Turn edges under ¼ inch twice; topstitch. Thread cording through eyelets and knot; your tote is ready. □

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ROLF MCEWEN

Raise *cooking grill by adding bricks, lower it by removing a row or two*

Brick stack is their barbecue

Eighty-five bricks (about $15 new) are stacked in circles to make this simple but sturdy barbecue pit.

Owners-designers Peter and Paula Zajda of Daly City, California, stacked old used bricks in seven rows of six and one row of eight (at the fire bed level), and topped them with seven stacks of three. Inside the circle, two seven-brick columns support a fire bed made from a concrete steppingstone covered with about 3 inches of sand.

No mortar was used, which allows for easy adjustments: The grill can be raised or lowered by adding or subtracting bricks, and the draft can be adjusted by altering the space between the top stacks of bricks. If you're afraid children or pets might topple such a stack, use silicone rubber glue between the lower bricks. □

Coals *sit on bed of sand atop inner stack of bricks*

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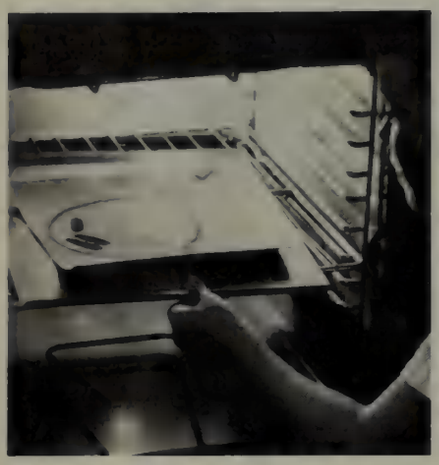
He's using *heavy strokes to get bright crayon color on his sheet of sandpaper*



A few seconds warming *in a low-heat oven turns crayon marks into blocks of color that are solid and bold*

The result: *eggs and sausage in a frying pan, ready to serve with a spatula (or hang on the wall)*

Sandpaper art is easy but you and your oven must help

Sandpaper "paintings" made with wax crayons are easy to do and make a handsome, long-lasting addition to a child's art collection. A group of children can turn out several in an afternoon gathered around the kitchen table or counter—a likely spot since a warm oven is needed to fuse the crayon to the paper.

Supplies are few: just crayons (use any old ones on hand) and 9 by 10-inch sheets of fine sandpaper (the type sold for wood sanding, costing about 12 to 15 cents apiece). We used fine flint paper, light tan in color. Medium and coarse sandpapers also work, but their rougher textures make it a little harder to rub in the crayons.

Tell the children to bear down hard when they make their drawings, until the sandpaper barely shows through. Drawings with masses of color, free of small details, give the best results.

Place each completed drawing on a cooky sheet on the center rack of a 250° oven. Keep the door slightly open and watch the wax melt—it takes only 10 to 15 seconds, depending on the amount of crayon applied.

With hot pads, remove the cooky sheet from the oven and let the sandpaper and wax cool. The crayoned surface will harden almost immediately. Finished art work can be tacked up on a bulletin board or matted and framed. □

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Is it a good idea to make your own move? Pros and cons

We move a lot in the West: Close to half of us have changed homes in the last four years. It can be a wrenching proposition.

In the May 1976 *Sunset* we explained how to deal with the complex world of professional movers. Here, we look into the move-it-yourself alternative—usually less costly, but with a real investment of your time and physical effort. More than half of the West's families do all the work themselves, particularly on shorter moves. Their most common report to *Sunset:* It works, but you should plan in detail well ahead of moving day.

Begin careful organization (and maybe even some light packing) several weeks or even months ahead; this gives you time to find the lowest equipment-rental costs, use up perishables, weed out unwanted belongings, pack at leisure, and avoid a pileup of last-minute problems.

One of your greatest self-moving savings is doing your own packing and loading. But several readers recommend a middle course: Place a classified ad to hire moonlighting movers to help with the most difficult packing and heaviest loading. In some areas, off-duty firemen and policemen specialize in this sort of work. Your truck or trailer rental agent may know of some. Experienced help can work wonders—packing and loading to use every inch of space.

One warning: Federal and state laws prohibit using unlicensed help to do on-the-road moving work.

Which equipment? Look under Trailer Renting or Truck Renting in the yellow pages. Shop around: Some agents have limited equipment, others offer a wide choice. And reserve early: This should assure you'll have the right equipment on hand when you want it, and in the complex world of rental pricing, might give you a bit of a bargain.

Choose the smallest possible rig for your load. If you're considering a trailer, check your automobile owner's manual for the total maximum weight your car can pull—and remember that the car may also be loaded down with family and loose possessions.

The biggest trailer typically available is 12 feet long, holding 2,700 pounds. Trucks can range from 12 to 24 feet of cargo length, holding 3,900 to 8,000 pounds. What size do you need? Moving experts suggest figuring 400 to 500 pounds for every 100 square feet of your house, or 1,000 to 1,500 pounds for every typically furnished room.

Agents also rent hand trucks and bumper hitches and sell packing materials. On pickup day, make sure the rig provided is the type you ordered. It should be watertight, lockable, have no damage-causing hard ridges or splinters inside; reject a vehicle with such obvious signs of poor maintenance as bald tires, oil leaks, or substantial body damage.

Costs. Rental costs are not regulated and can be quite competitive; they vary considerably by season, your location (and even among agents in your town), and where you're going. Try to avoid moving in midsummer and on weekends.

Local costs (where you return the rig to the same agent) are simplest and lowest: for a trailer, about $1 per day per foot of trailer length; for a truck, from $15 for the smallest to about $30 for the largest, plus mileage charges (15 to 25 cents) and gasoline.

On one-way moves (you leave the rig at your destination city), you're charged by the day for trailers and by a formula of days and mileage for trucks. Usually a specific number of days is allowed for a particular distance; if you work efficiently, this time should be enough to load, move, and unload before you face extra-time charges. Also, nationwide

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rental companies use rates as a means of influencing where their equipment winds up: charges are higher if you're driving a particular rig to an area where it's already in surplus, lower if you're moving to an area where the company needs that kind of vehicle. (In the West, currently, you may pay a premium for northbound moves and get a discount southbound.)

If you're moving to some destinations, you may also face an additional "redistribution" or "dropoff" charge of $100 or more. If this happens, ask your renting agent if there's a town near your destination where the dropoff charge doesn't apply.

A 12-foot, 2,700-pound-capacity trailer costs about $50 if you're moving from San Francisco to Los Angeles ($80 the opposite direction); you're allowed four days. The same trailer costs $75 from Seattle to San Francisco and $135 the other way; five days allowed. A trailer hitch rents for about $2; remember that towing a heavy trailer will increase your car's gas consumption by at least a third.

A 24-foot van with 8,000-pound capacity costs $116 from San Francisco to Los Angeles (404 miles) and $200 the opposite direction; the same van between San Francisco and Seattle (910 miles) costs $307 northbound plus a current $250 redistribution charge), and $204 southbound. You're allowed the same number of days as with a trailer.

A few extras. Initial mileage is charged roughly on a city-hall-to-city-hall formula; agents will charge you at the end of the trip for any additional mileage but will not refund for unused mileage. You'll also have to buy the gas: Figure on 6 miles per gallon, although lighter trucks can get better mileage and a few do worse. The truck must be returned with a full tank.

A hand truck for loading large items rents for about $5; rental agents will sell you cartons and other packing supplies for about the same price as movers (from $1 for a small carton to $6.25 for a wardrobe carton with a hanging bar). You can obviously save money by rounding up boxes free from stores; but be sure they're marked as having at least 250 pounds of burst strength, and have tight-fitting lids. Professionally supplied boxes are best for such special items as dishware and clothing; some readers report selling theirs at a slight profit after the move. You'll need plenty of furniture pads; they rent for $5 per dozen.

Unlike movers, rental agents charge you in advance; some credit cards are accepted. You also pay a deposit ranging from $10 for a trailer to $40 or more for a large truck, refundable at your destination.

Damage and insurance. Rental companies also sell cargo insurance with a limit

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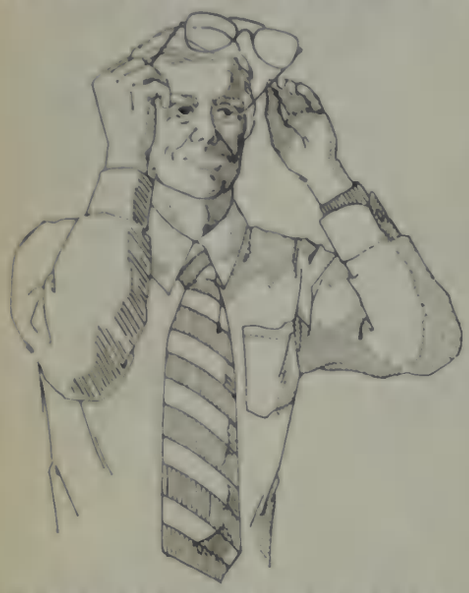

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DARROW M. WATT

Hinged box *serves as a wall desk, a handy place for writing telephone messages*

Box on the wall is their desk by the phone

It's far from large, but this kitchen wall desk does provide a place to take quick notes and write grocery lists. It can hold pencils, business cards, small note pads, and a calendar. Next to it is a wall telephone with a retractable cord that's long enough to reach the nearby cooktop.

Designed by owners June and Roscoe Fleming of Los Altos Hills, California, the desk fits their particular needs. As June Fleming says, "I wanted a desk but didn't want to give it much space in my kitchen. I like to be able to write something down quickly when I'm on the telephone. If I'm going to chat for a while I move a kitchen chair over to the desk; when I'm on the run, I'm just as happy standing up."

The desk, made of ¾-inch oak boards, is 1 foot high, 2 feet long, and 3¾ inches deep. Its frame fits over two 22½-inch-long strips of ¾ by 1-inch oak nailed into wall studs; finishing nails secure the frame to the strips.

Screws attach two lengths of link chain to the inner sides of the box frame and to the writing surface, which pivots on a 2-foot-long piano hinge. □

Folded up, *the desk is neat and compact; a magnetic latch keeps it closed. Oak was chosen to match other cabinets in kitchen*

PHOENIX by PONTIAC

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GM

Table top is either glass or wood strips. Legs are crisscross

NORMAN A. PLATE

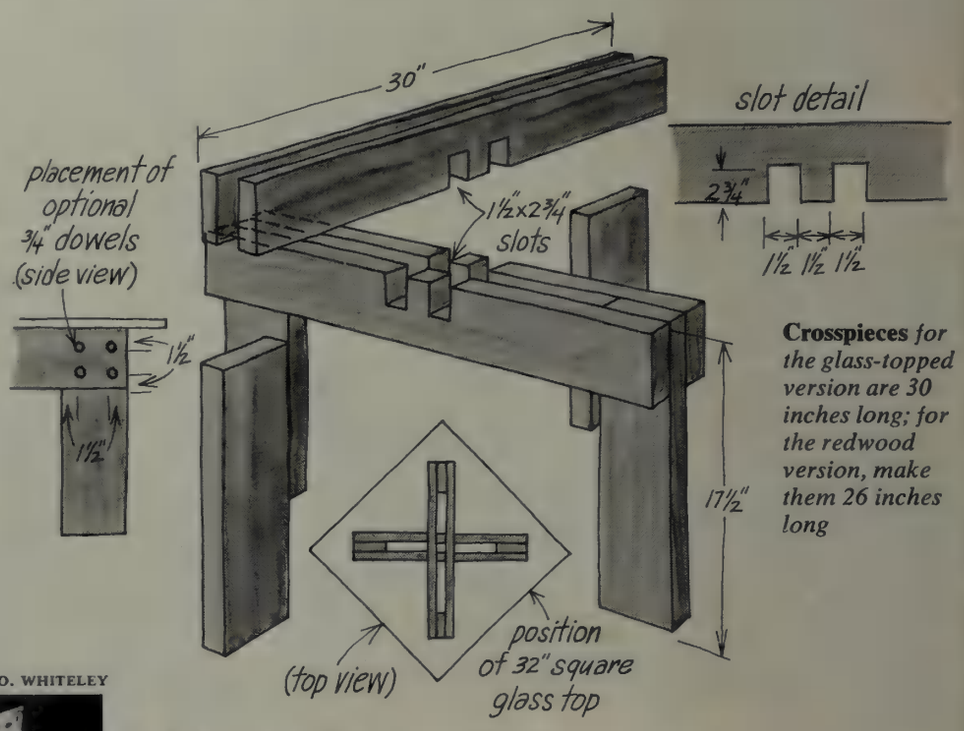
Smoked glass top *rests on cherry base. Design: Don Vandervort, San Francisco*

Like it formal or casual? You can dress up this sturdy table by using dowel-joined hardwood and smoked glass, or keep it outdoorsy by using bolted-together redwood lumber.

The hardwood version is just one of over 30 illustrated projects in the new book *Quick and Easy Furniture* (Lane Publishing Co., Menlo Park, Calif. 94025, 1977; $2.45). The book also includes a large section on tools and construction techniques.

As the drawing at right shows, the horizontal supports cross each other, forming two cross-lap joints. For the notches make four saw cuts halfway through each crosspiece; then slip a chisel down the outer cuts and pop out the two outer sections. (Don't pry against the fragile center section.)

The formal version uses four ¾-inch dowels and glue to secure each leg to the crosspieces; its top is a 32-inch square of ½-inch-thick smoked glass. In the table pictured below, recessed ¼ by 4-inch bolts join legs and crosspieces; the top is a grill of a dozen 31¼-inch-long redwood 1 by 3's screwed to a square frame of 1 by 3's. □



Crosspieces *for the glass-topped version are 30 inches long; for the redwood version, make them 26 inches long*

PETER O. WHITELEY

Outdoor version. *Base is made from redwood 2 by 6's bolted together*

Wooden top *lifts off. Woodscrews driven from underneath hold a dozen 1-by-3 slats to the 1-by-3 frame*

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DON NORMARK

Bamboo screens *and overhead shade cloth protect plants from too much beach sun*

Garden room for a beach house

When they decided to build a house on the Oregon Coast and use it as a year-round base, Robert and Virginia Griffin added several amenities not usually found in single-season houses. One is the garden room pictured here.

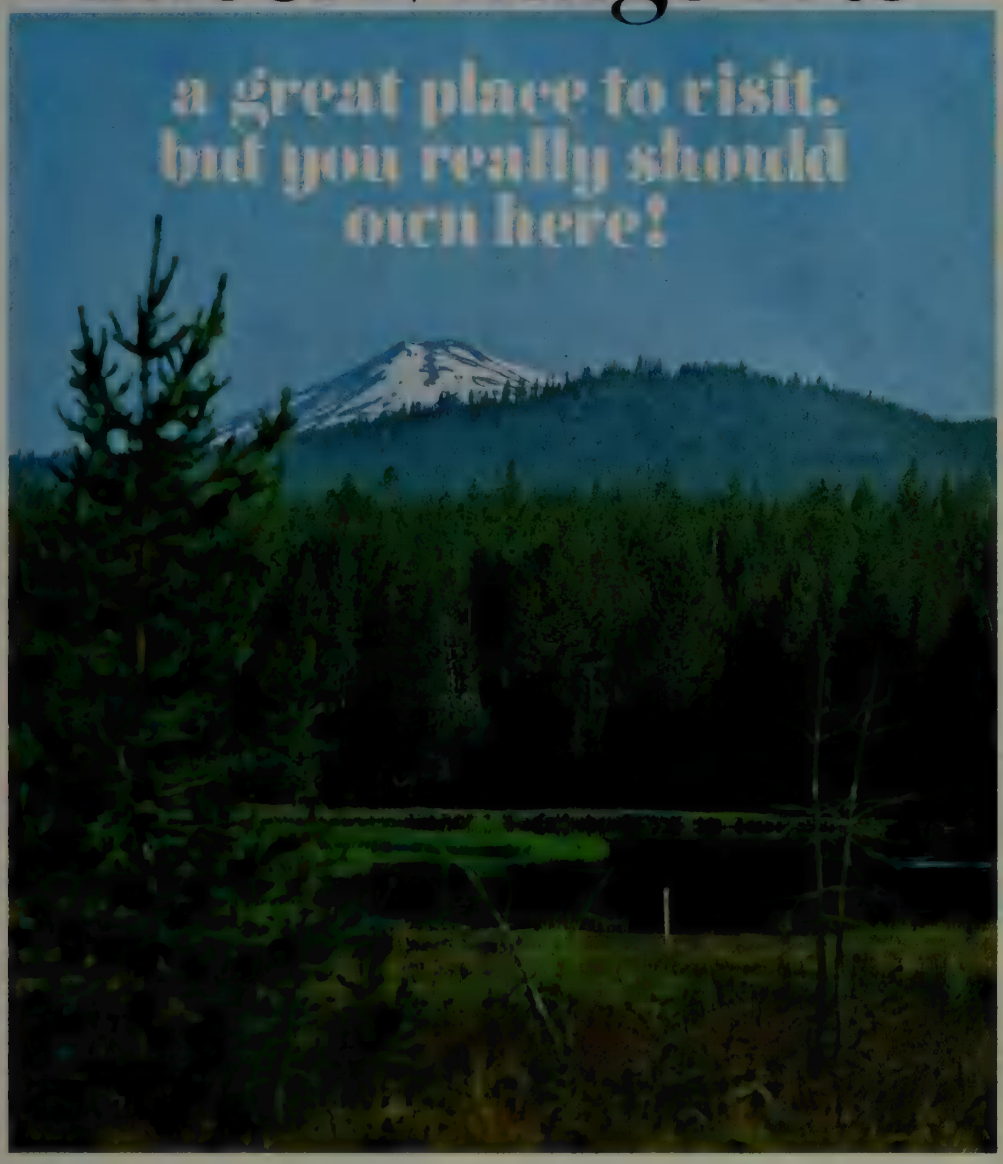
Built on the west side of the house, it fills the space under the original 3-foot roof overhang, then extends 2 more feet under lightweight translucent corrugated plastic. The plastic roof tucks under the shingled roof to prevent leaks.

The garden room flooring is of 2 by 8-inch cedar boards laid diagonally 6 inches below house floor level.

From the house, the Griffins look into the garden room through one glass sliding door; another connects the 5 by 20-foot room with the outside deck and nearby beach. □

Deck *outside garden room continues around other sides of house*

Sunriver now offers River Village lots



Now you can purchase Sunriver land in River Village Unit I, near the famed Deschutes River. Some of these choice lots are on the Sun River tributary to the Deschutes. Various homesites include magnificient views of Mt. Bachelor and the Deschutes, and are shaded by open stands of pine.

The clear, sparkling Deschutes River offers superb fishing and canoeing. River Village provides access to an 8-mile smooth water stretch of this famous stream.

In addition, all of Sunriver's privately owned and Association owned recreational facilities* are easily accessible.

**The bike paths, swimming complex and four of the tennis courts are owned by Sunriver Property Owners Association. The golf course, skating rink, 10 tennis courts, stables, marina, airport and Sunriver Lodge are privately owned public facilities (the owners set the fees and conditions of use and are not obligated to continue to make the facilities available). A fact sheet, including owner assessments for facility maintenance, is available upon request.*

Send the attached reply card now for complete details on the Sunriver way of life. You, too, can sign this perfect pact with nature. Plan a visit this spring.

SUNRIVER

16 miles south of Bend in central Oregon, off U.S. Hwy. 97
(Air West service to Redmond, 31 miles north)

Obtain the HUD property report from developer and read it before signing anything. HUD neither approves the merits of the offering nor the value, if any, of the property.

BILL ROSS

Hanging tennis ball *bumps windshield when car is exactly where it should be*

Avoiding nicks in the garage

Two simple tricks known to some drivers for years can help protect your cars from needless nicks and scratches in your own garage.

If you're the type of driver who can't tell when to stop until you nudge something with a bumper, try hanging a tennis ball so it will bump your windshield just before you hit the garage wall (or just when the rear bumper clears the door). Attach the string to the ball with an eyehook or even a fishhook.

If you have a narrow two-car garage, try draping an old blanket over a clothes rod or stick and hanging it between the cars. The heavy padding provided by the blanket lets you push an open door against the other car without risking a scratch. For a less makeshift look, you could fashion a cloth-covered foam pad. □

Blanket *or quilt hung between cars protects doors from unsightly nicks*

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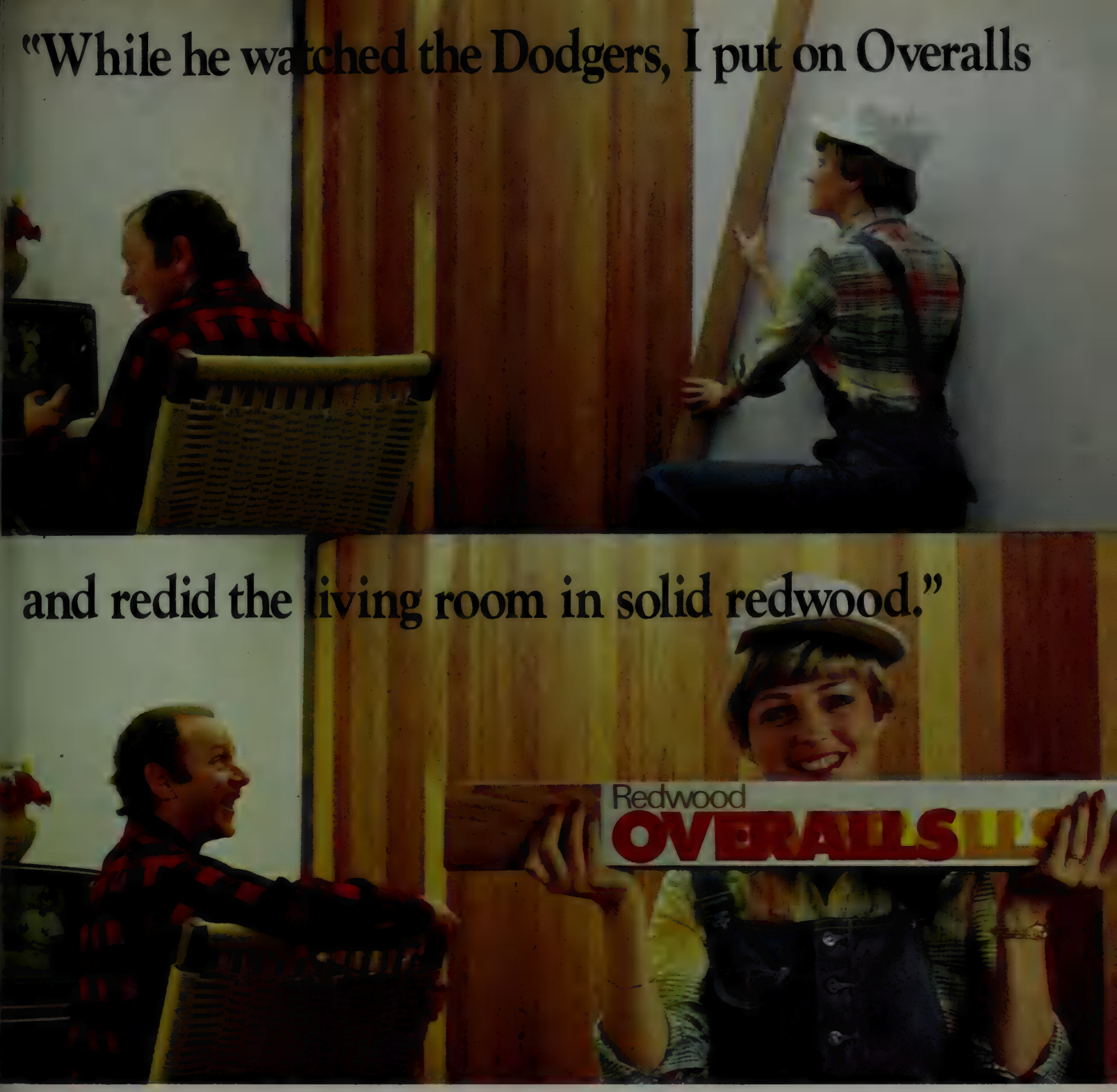

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It's beautiful: Overalls will warm up any room because they're sleek, contemporary strips of real redwood. They come up to 8 feet long so you can cut about any length you want—pre-cut shorter lengths are available, too. Each strip is thick enough to look and feel sturdy, yet thin enough to be light and easy to handle.

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It's versatile: Put it over doors, kitchen cabinets, ceilings—anywhere you want the warmth of real redwood. You can even create artistic wall patterns, because Overalls goes up vertically, horizontally or diagonally. For more ideas and complete details, visit one of the home decorating centers listed on the next page.

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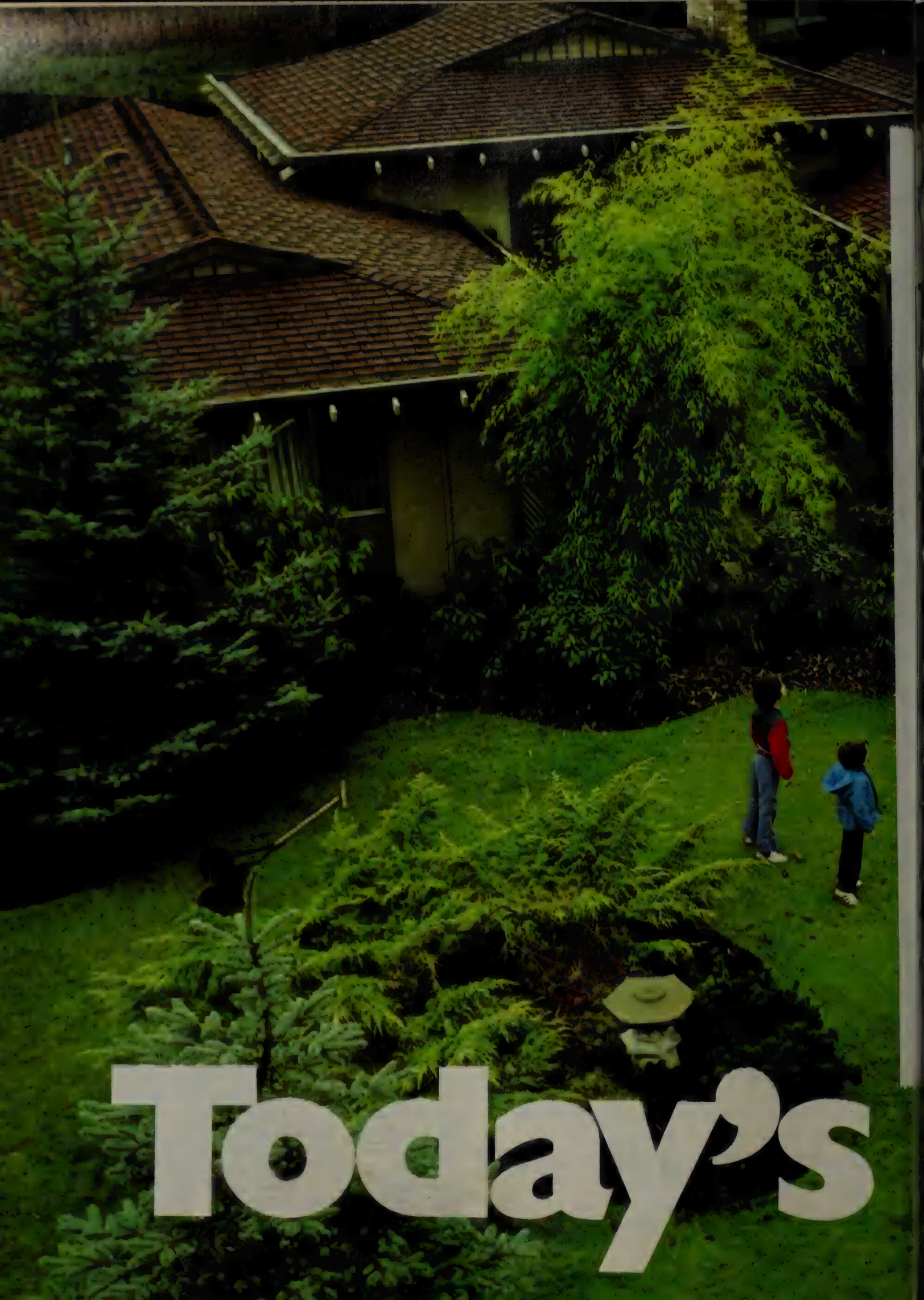

Today's

Association, 426 Pacific Avenue

The roof of this house is wearing a new kind of asphalt shingle. The heavy random-width pattern produces a deep irregular shadowline. While the textured earthtone finish creates a warm, woodsy effect.

Stately or rustic. Contemporary or cozy. Today's Asphalt shingles can give you exactly the look you're looking for. In exactly the color you're looking for, too.

Of course, when you put an asphalt-shingled roof over your head, you get more than good looks. You get superior fire protection. You get excellent economy. And their outstanding durability means Today's Asphalt shingles will still look good tomorrow.

Asphalt.

In a seller's market can you wisely avoid using a real estate agent?

With housing in the West at a premium, who wants to list their house with a real estate agent and pay a commission? Most people still do, for reasons we'll discuss, but others, because of this strong seller's market, seriously consider handling the sale themselves.

Obviously, the main motivation for doing this is to save most of the commission—6 percent of the selling price, or $4,800 on an $80,000 house. Knowing the advantages of your house and neighborhood might make you a better salesperson than some real estate agents. And if you're an enterprising person, you may take great satisfaction in accomplishing the sale yourself.

But there are other considerations. Your house may not sell quickly. If so, do you have the time and energy to advertise, answer telephone calls, investigate financing, and show the house—for perhaps several months? Do you like doing research? Do you mind meeting and working with strangers? Do you have some place to send the children when potential buyers arrive?

A licensed real estate agent's commission can buy you professional advice, advertising, wide exposure (multiple listing, realtors' tour), someone to screen calls and show the house, and negotiating experience.

Don't sell your house yourself if it's a lemon or if you aren't confident of the procedure. Many buyers are wary of owner sales; the best way to reassure them is to know exactly what you're doing.

Determining your asking price

Pricing your house is the most critical decision you'll make. Your tax notice gives you its assessed value; the tax assessor's office can give you the assessed value and taxes of neighboring houses. But remember that the assessment is usually well below full market value.

A much better guide is the selling price (not asking price) of similar houses recently sold in your neighborhood. Compare age, location, square footage, number of rooms, quality of the house and gardens, and other appeals. Watch newspaper ads and go to see houses for sale that sound similar to your own.

Most real estate agents will gladly give you a free estimate, hoping to get the listing. Beware of overpricing—the agent may feel you'll choose whoever promises you the most money, even if you've indicated that you plan to sell the house yourself. If you get a comparative sales analysis from several agents, you'll have a fairly accurate idea of value.

A real estate loan officer at the bank carrying the mortgage loan on your house may be able to estimate the top appraised value you could get from a bank appraiser. (Sometimes there is a fee, sometimes not.) One reader mentioned, "If you tell the appraiser what you want to ask, it's uncanny how often he'll quote the same figure."

You can also hire a professional independent appraiser, who will charge you $50 to $100.

Most buyers expect to pay 5 to 10 percent less than the asking price, although today in a few areas of the West some houses actually sell for more than the asking price. A low price will sell a house quickly, but it may cost you money. Said a woman in Palo Alto, California: "The first house we sold was gone in 4 hours. While we were pleased, we've always wondered how much money was left on the table."

But overpricing can substantially delay a sale. It may scare away prospective buyers, or cause you to reduce the price several times—suggesting that something is wrong with the house. And lenders may balk at a figure higher than their own assessment.

Preliminary preparations

Get your house into shape. Look at it as a prospective buyer would; minor maintenance and cosmetic work can make a great difference in the image it projects. Consider its "curb appeal"; many buyers won't bother to go inside if the front looks rundown.

Inside, keep the house extra clean. Most real estate agents urge sellers to eliminate any clutter of children's toys and excess furniture; if anything, the house should look *lightly* furnished.

Ask the real estate loan officer at your bank to explain the charges and costs a buyer would incur in obtaining a loan on your house and the qualifications for that loan. This lets you give a potential buyer a general idea of what the down payment and monthly cost would be and may discourage unqualified buyers from making an offer.

Are you still paying off a mortgage on your house? Ask the mortgage holder (usually a bank or savings and loan institution) about prepayment penalties. Sometimes they can be avoided by having the buyer get his financing at the same place. If you've already done some footwork and have had the house appraised, a buyer is more likely to go with your lender.

Locate your title insurance policy so you'll have on hand a legal description of your property; you'll need this later. If you don't have a copy, get one from the bank that carries your mortgage.

Next go to the title insurance and escrow companies that handled the policies when you bought your house. The title company insures legal ownership; the escrow company distributes the transfer of money and documents between buyer, seller, and lender when the house changes hands. (Sometimes the title company also acts as the escrow agent.)

In some areas banks and buyers will insist on a report and clearance of structural soundness. This is commonly referred to as a termite report, although the "termite inspector" is also looking for other structural problems such as water damage or dry rot. Locate a licensed termite inspector (look in the yellow pages under Pest Control) and get an estimate. Having had an inspection will reassure the buyer and speed negotiations. If corrective steps need to be taken, you may want to get this work done—or allow for it in final price negotiations.

Get a real estate deposit receipt/purchase agreement form from a stationery store or board of realtors office. When you reach a tentative agreement, the deposit receipt is signed by both buyer and seller and can become a contract. It acknowledges the selling price and conditions of sale.

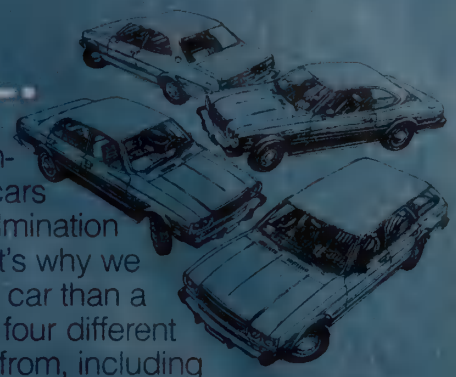
Getting the word out

Advertise in the classified section of newspapers read in your area and—if local ordinances permit it—plant a For Sale sign in your front yard. If you don't want people dropping in, put your telephone number and "by appointment" on the sign.

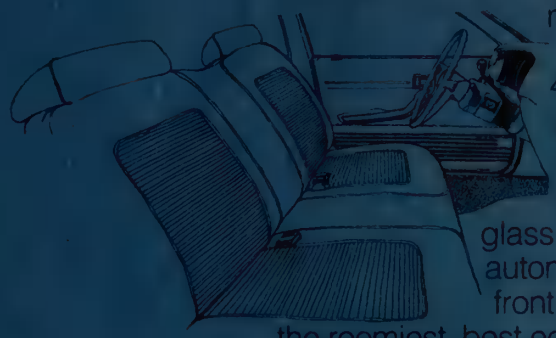
Don't skimp on the ad. "We spent $100 a week on advertising and were very careful to block out the ad with newspaper people," said one home seller. "On a $100,000 house the cost of advertising is negligible." Your advertisement should be succinct but engaging, stating the house's major advantages and attractions first, then the number of bedrooms and baths, the city and district, the price, and a telephone number.

An exact street address may bring unexpected callers, but it also may screen some people by letting them drive by before bothering you. Perhaps you'll

BEAUTY-FULL.



The new 1977½ Toyota Corona offers attractive new styling loaded with comfort and convenience comparable to cars costing much, much more. It's the culmination of Toyota quality and engineering. That's why we say: "If you can find a better built small car than a Corona...buy it." Incidentally, there are four different models to choose from, including a 5-Door Wagon and a special "Luxury Edition" 4-Door Sedan.



Beauty, full of comfort and convenience. Features that run the gamut from an electric "tuning fork" clock to wall-to-wall carpeting and tinted glass all around. In the "Luxury Edition," equipped with automatic transmission, the comfort includes a full-width front seat in rich velour-type upholstery. This Corona is the roomiest, best equipped sedan in the entire Toyota line.

Beauty, full of personal preferences. Corona offers many of the options found on expensive luxury cars. Features like air conditioning, automatic and 5-speed overdrive transmissions and—for the first time—power steering, allow you to tailor a Corona to your individual needs. You can even get a built-in 40-Channel CB radio. The Toyota Corona. The supreme Toyota.

YOU GOT IT.

Corona 4-Door Sedan Deluxe
with Luxury Edition option

THE NEW 1977½ CORONA. **TOYOTA**

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Plus a free first-year membership in our own RV owner's club.

More motor home for your dollar than *any* other manufacturer.

Find out yourself. Call toll-free for the name of your nearest dealer. 1-800-243-6000. (In Conn. 1-800-882-6500.)

CHAMPION
HOME BUILDERS CO.
Dept. SU - Dryden, Michigan 48428

want to run the address just on weekends. Stating "principals only" in the ad means you don't want to pay commission to a real estate agent.

Are there any large companies or a university in your vicinity? Mail a description of your home to their personnel offices. Relocating employees often get their first leads this way.

Showing your home

Prospective buyers will either call for an appointment or come directly to your home for an open house. To have an open house, advertise "open for inspection" on a specific day, usually a weekend, and stay at home to receive anybody who wants to stop by. The For Sale sign should indicate the showing; you may want to put additional signs at major intersections nearby.

Be able to detach yourself emotionally, because criticism is inevitable. It's to your advantage to be honest about the house's faults so your buyer won't feel cheated, but don't dwell on them. Admit the problems, say how you've dealt with them, then emphasize a compensating good point.

It might pay you to visit a number of houses for sale and see which habits of the selling person impress (or irritate) you the most. In your own selling, learn from their techniques and errors. Most buyers want to wander through a house and quietly consider how well it suits their needs; they don't want to be shadowed or continually talked to.

You'll be asked about a lot size and boundaries, age of the house, taxes, utility bills, water heater size, roof condition, type of heating, and so forth. It's a good idea to pass out copies of a listing sheet giving this information, your name, address, and telephone number, and special features you'd like prospective buyers to remember.

It may sound sneaky, but old pros recommend playing soft music and baking brownie mix or refrigerated cooky dough just before people arrive. One buyer admits, "It looked so clean and smelled so homey, we bought right on the spot."

One sales appeal that's often effective in these inflationary days: Mention to wavering purchasers that every month they delay, houses are going up in cost $500 to over $1,000; the price they are hesitating at now may seem like a excellent buy in a year or less.

To bargain or not to bargain? Suppose a prospective buyer makes an offer below the asking price—perhaps substantially below. You can refuse, of course, but if the house has been on the market for several days or weeks and few people have expressed interest in it, you'll be faced with that age-old question, "How low do I go?"

It is wise to consider this right from the start, perhaps adding a thousand or two to the logical asking price, so that you can come down to meet a serious offer halfway.

Usually the stove, furnace, water heater, and wall-to-wall carpets go with the house; refrigerator, washer and dryer, drapes, and area rugs move out with you —or are negotiable. If you won't be needing these items in your new quarters, keep the asking price low (or include them in the house package); the buyer will appreciate the bargain and you'll have less to move.

Reaching a sales agreement

When you sell a house without a real estate agent, offers are usually presented in writing at your home and are accompanied by a deposit check made out to you, as seller, or to the escrow company. They can also be mailed or relayed through an attorney.

An offer will often contain conditions, called contingencies. If these points are not covered elsewhere, contingencies may include termite work, professional house inspection, the buyer's ability to qualify for a loan, date of expected occupancy, who will pay which closing costs, which appliances or other movables will stay, and a time limit for the seller to accept or reject the offer.

If the house has been recently remodeled or completed, the buyer may ask you to guarantee payment of any bills still outstanding. Likewise, you are required to maintain the property in good condition until close of escrow.

You can also include your own stipulations to which the buyer must agree—such as requiring the buyer to use the same lending institution you used so that prepayment penalties can be avoided.

Once the offer and all contingencies are agreed on, you draw up the deposit receipt (purchase agreement) listing the property description, the selling price (showing down payment and amount of mortgage required), and all conditions, including the date ownership is to be transferred. With both signatures, the agreement becomes legally binding. (If there is anything unusual, such as the concurrent closing of escrow on another house, better consult an attorney.)

A deposit check accompanies this agreement to indicate that the buyer is sincere and to cover your costs if he backs out even though all the conditions have been met. While the deposit may be as little as $500, a common stipulation is that the amount will be increased to 10 percent of the purchase price in a specified number of working days.

The buyer or seller then gets a title company to start the title search and issue a preliminary title report. If you have an

Great Grandma had a feather bed and backaches.

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Let us bring a new Posture into your life with this outstanding mattress that features pillow-soft layers of foam...plus extra firm support. Actually, it's everything a mattress should be because it's built to last longer and still provide that luxurious feeling Great Grandma would have loved.

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at the Price residence.
Thanks to a switch to LOF Vari-Tran® coated glass.
Before Vari-Tran, the hot Texas sun streaming through 170 square feet of window area in the Price's elegant family room made it impossible to balance the air conditioning system. The temperature was so uncomfortable even the carpeting got hot.
Mr. Price, himself a custom home builder in Houston, replaced the clear glass with Vari-Tran—adding a touch of beauty, while cutting down on heat gain.
If you're building or remodeling, look into Vari-Tran. Check with the supplier nearest you (he's listed on the right), or write to Ralph Hayward at Libbey-Owens-Ford Company, 811 Madison Ave., Toledo, Ohio 43695.
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O'Malley Glass & Millwork Co.
210 S. Stevens
(602) 623-3433

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Cobbledick-Kibbe Glass Company
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North Hollywood Glass Company
11050 Chandler Blvd.
(213) 877-5437
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(206) 624-5035
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LOF

out-of-town buyer, you can speed things up by choosing a title or escrow company with branches in both cities.

Concurrently, the buyer solicits a loan.

Closing costs

These usually involve loan origination fees (they're called points and are generally 1 to 1½ percent of the total loan amount), title search, insurance, and escrow fees, transfer of ownership fees, and sometimes termite report costs. The lender charges are the buyer's responsibility, since they represent his cost in obtaining the loan. Who pays the other fees should have been written into the deposit receipt agreement.

Who pays what can also depend on what type of financing the buyer seeks. If it's to be a government loan (FHA-VA), the seller may face a slower closing and more fees.

In recent years, closing procedures have become more complex. Here's an example of the final allocation of closing costs in a transaction in Santa Clara County, California. The house sold for $85,000.

	Buyer paid	Seller paid
Loan origination fee	$780.00	
Appraisal fee	45.00	
Credit report	20.00	
Realty tax & service	16.81	
1 year hazard insurance premium	374.10	
Escrow fee		$177.30
Document preparation	15.00	7.50
Notary fees	4.00	2.00
Title insurance	66.02	326.00
Recording fees	12.00	
State or county transfer tax		93.50
Pest inspection fee		50.00

Such cost allocations may differ substantially from state to state and even from county to county. They'll also vary with the legal complexity of the sale. Well in advance, ask the escrow company or your mortgage officer to give you a booklet explaining them, and a breakdown of costs for your sale.

Remember also that the escrow company, as part of its fee, will prorate any property tax payment to the date of change of ownership; this could result in a credit or debit to you.

Once the buyer has arranged the loan and taken out insurance on the property, the scene shifts to the escrow company.

In escrow all parties to the transaction —seller, buyer, lender, mortgage holders —put money and written instructions in the hands of an impartial escrow holder who releases the monies and documents when all instructions have been complied with. If a long escrow is expected, the buyer can specify that the deposit be put in an interest-bearing account.

In due course you'll get a telephone call stating that all papers are in order. After signing a few more documents, you'll receive a check in full payment. □

PETER O. WHITELEY

Nailed and glued strips *protect edges; in heavy-use areas (doors and cabinet frames), use thicker strips doweled and glued*

When finished *with polyurethane, the particle board turns a golden tan; the wood trim turns a darker tone—an effective frame for panels and doors. Above, sliding shelves of particle board make efficient use of deep space*

What makes this open kitchen unusual is the use of particle board for cabinets, shelves

Particle board (wood particles and resin pressed into a rigid panel) is not often used in kitchen cabinetry. But designers Cindy Norton and Roger Berry of Berkeley chose it for cabinets and shelves to complement this rustic kitchen interior and to hold down costs.

The clean lines and natural wood color of the cabinets blend well with the exposed-beam house design. Thin wood strips glued and nailed around the door and drawer edges outline openings and protect the particle board edges from chipping.

The big advantage of particle board is price: about a third that of high-grade plywood. A ¾-inch-thick, 4-by-8 panel costs about $5.75. The material machines and glues easily, reducing work time. Before screwing into particle board, it's a good idea to drill guide holes for maximum strength.

Also, you must take special precautions to protect particle board from water, which can cause it to lose strength and even decompose. In the kitchen, all surfaces of the material were covered with three coats of polyurethane; and the owners regularly scout around for plumbing leaks. □

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SS17

Architect/Owner: John L. Dell

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VAUGHAN

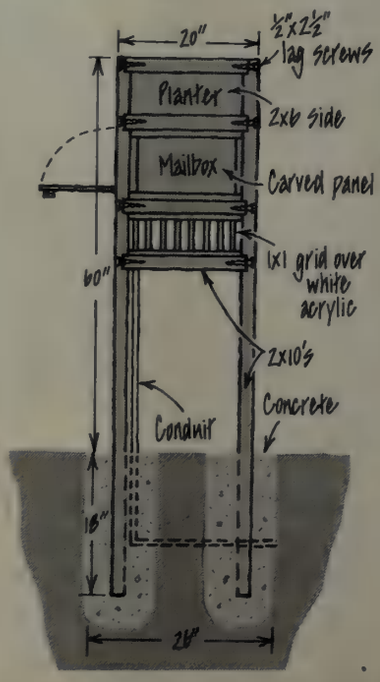
NORMAN A. PLATE

Flowers bloom *above approved metal mailbox; light panels are below*

More here than meets the eye

This mailbox post is also a flower box and garden light. Architect Stuart Resor of Encinitas, California, designed it, using cedar 2 by 10's and incorporating carved name panels by artist David Frisk of Solana Beach.

The frame was lag-screwed together, then the side panels were nailed to the frame at top and bottom. Two porcelain sockets hold bulbs behind the plastic panels. The legs are firmly set in concrete. □



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There's no big mystique about making rich, flavorable coffee. All you have to do is grind coffee beans fresh just before brewing.

The KitchenAid coffee mill makes it easy. You just set the grind dial to one of 14 selections. Then flip the switch to grind as much coffee as you need into the measuring cup.

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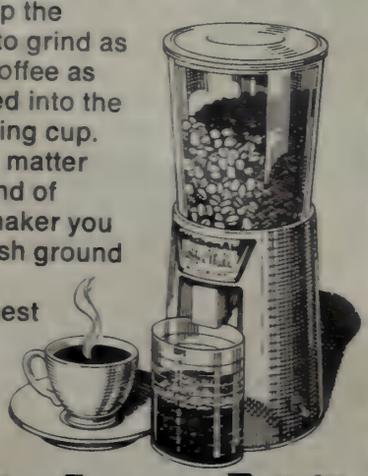

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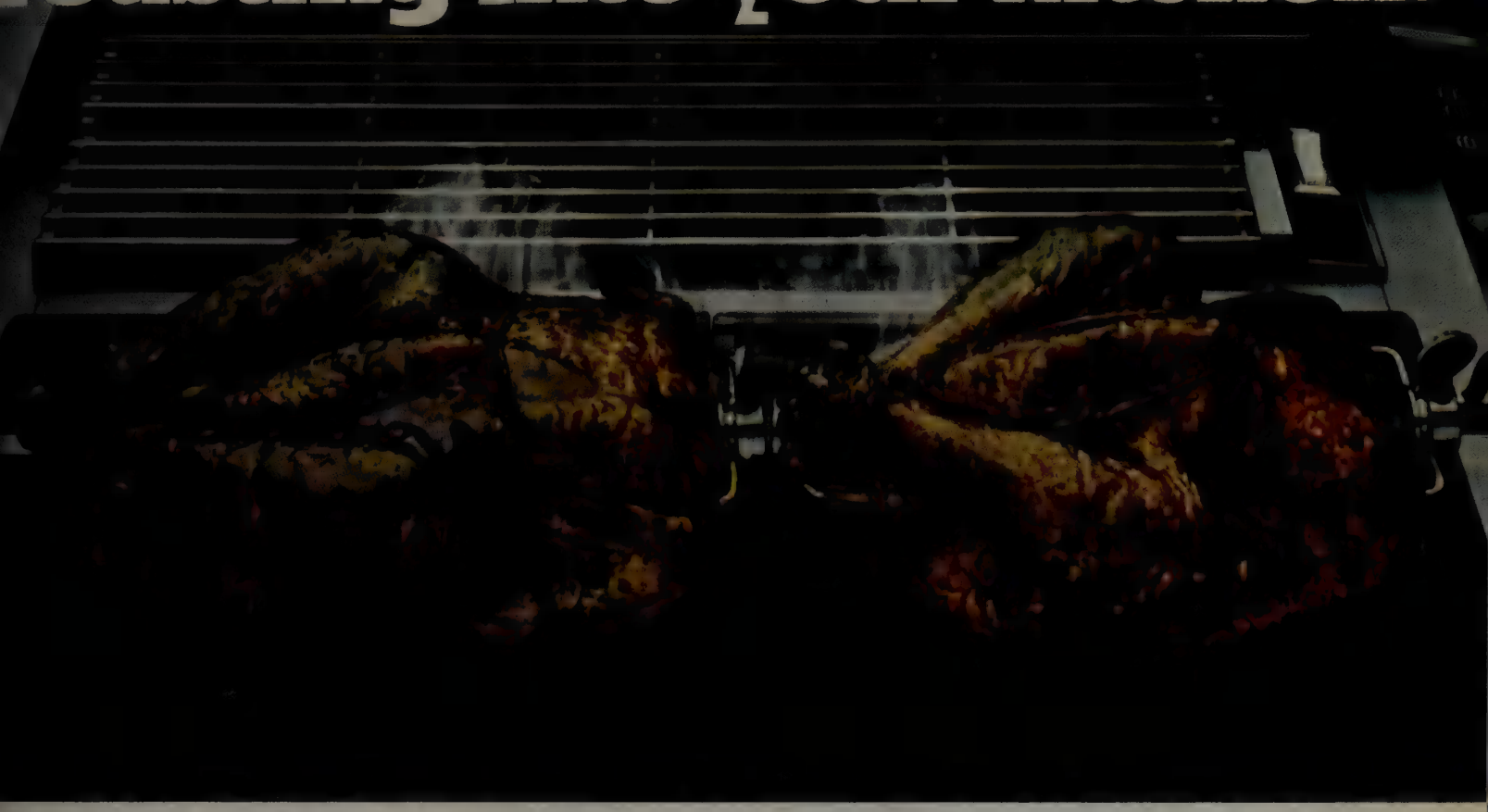

Hot Coffee Chicken à la Jenn-Air! Basted with a molasses 'n coffee arbecue sauce, it's open-spit roasted without smoking up your kitchen.

It's chicken with a man-sized taste, spicy, smoky, th a rich coffee flavor. And it's cooked juicy a plum on the Jenn-Air rangetop spit roaster, e of five different Jenn-Air Cooktop Convertible its that let you spit roast, grill, griddle, shish-bab, and deep fry all on top of the range without noking up your kitchen.

To make Hot Coffee Chicken, combine ⅓ cup strong ack coffee, ⅓ cup catsup, ¼ cup of Worcestershire uce, 4 Tbs. butter, 4 Tbs. molasses, 2 Tbs. lemon ce, ½ tsp. salt, and ¼ tsp. cayenne pepper, and nmer for 30 minutes. Use this sauce to baste the icken turning lazily on its spit. Don't worry out drops. Smoke, spatters and odors are nisked away to outdoors by Jenn-Air's rangetop ntilator located just inches from the meat.

Jenn-Air brings you other ways to cook, too, with e Jenn-Air convected Power Oven that lets you ast or broil in the normal way, or just by flicking switch, lets you cook foods in a stream of power-iven air at up to 50° cooler temperatures in up one-third less time. For the Jenn-Air dealer nearest you, see the Yellow Pages, call toll free 800-428-1825, or write Jenn-Air Corporation, 3035 Shadeland Avenue, Indianapolis, Indiana 46226.

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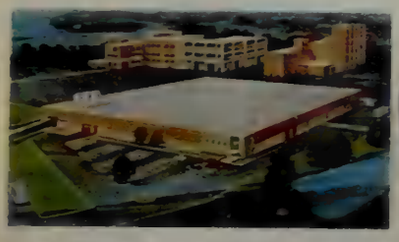

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NORMAN A. PLATE

Wide-open doors *reveal his clothes, books, and toy animals—and a rope ladder to reach them*

Boy's closet has cubbyholes

This closet suits a lad in the sixth grade just fine. The ceiling-high bifolding doors give him plenty of easy-to-reach space. On the left are cubbyholes for shirts and sweaters, and shelves for books. On the right, two rods handle jackets and trousers. A rope ladder hung from the ceiling lets him reach the herd of elephants on the highest shelf.

Architect Robert Swaim of Tucson says, "One reason the closet works is that the bifolding doors are 8 feet tall and 8 feet wide. I like them from a design standpoint and also because they're practical."

Standard double and sliding doors for a closet this size are usually 6 feet 8 inches high by 6 feet wide. Although the space inside would be the same, it wouldn't be as easy to reach the top shelf and areas to the far right and left.

Because the boy's storage needs will change as he grows, shelves and cubbyholes use materials and construction that will be simple to remodel. The 12-inch-deep shelves and vertical boards are ¾-inch plywood edged with ¾-inch wood molding and stained medium brown; 1 by 2's support the shelves. Cubbyhole partitions are offset slightly so they can be nailed from above and below. From the floor, the lowest rod is 39 inches up, the highest 82 inches.

The rope ladder was bought at a furniture and accessories store for $13. • □

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Enclosed is $_____ for _____ shirts.

Please indicate at right the number of T-shirts desired.

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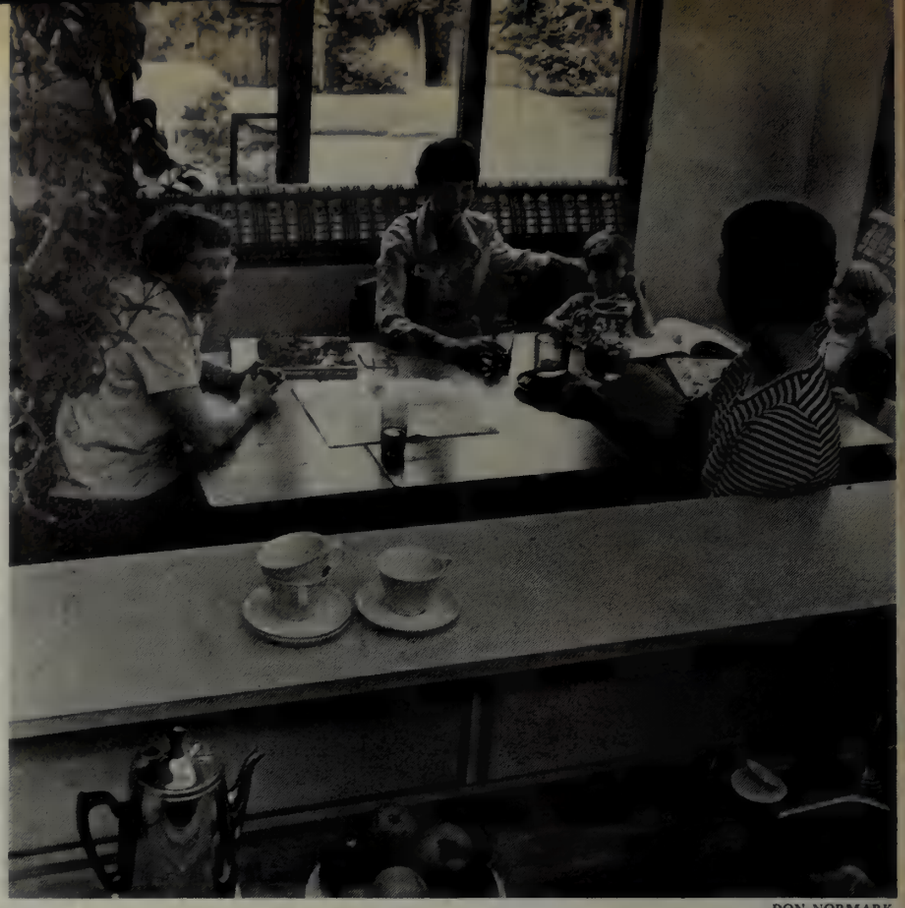
Offer conducted by Del Monte Corporation, One Market Plaza, San Francisco, CA 94105. Offer good only while supply lasts. GARDEN SHOW is a trademark of Del Monte Corporation.

More openness, an end to traffic confusion . . . 6 feet 9 inches did it



Neighbors drop in *to enjoy iced tea and cookies in new informal dining area separated from the kitchen by a 4-foot-high counter*

DON NORMARK

Two good reasons to remodel your house are to correct a basic flaw in the original planning and to achieve something you very much want. Barbara Landau's Seattle remodel has done both.

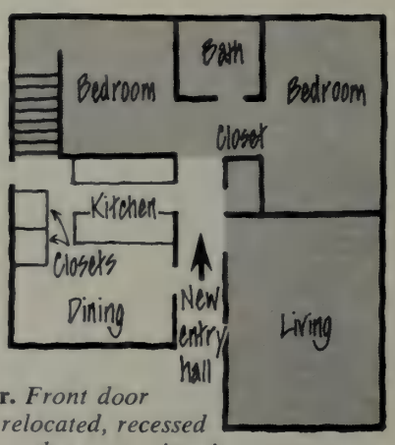
Her house suited her in many ways: good location, nice size, and easy maintenance. But it did have drawbacks: The front door opened directly into the living room, making that room and the adjacent dining room the major route to the kitchen and bedrooms. Also, the separate dining room and kitchen didn't work for the kind of informal entertaining that she enjoys.

The remodeling scheme planned by the Hastings Group Architects adds just 6 feet 9 inches and an entrance deck to the front of the house. Yet that is enough to completely change the traffic pattern within the house and, in the process, make the interior space much more livable.

From the generous new front deck, you enter a hall with the living room to the right and the new dining room - kitchen to the left.

By raising the roof over the kitchen to put in a long clerestory (note roof peak in photograph below) and by adding dining space, a small, dark, seldom-used area has become one of the pleasantest and lightest in the house. Now only a 4-foot-high counter separates the kitchen and dining room—an excellent arrangement for casual entertaining.

Before. *Original entry was a tight pocket opening right into living room, and the stingy stoop needed expanding*



After. *Front door was relocated, recessed for weather protection; it opens to generous deck reached from top of drive and by steps from street*

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To make it in the little car business these days, you've gotta have heart.

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Our little Arrow will give you miles and miles of heart, all on a gallon of regular gas. In fact, EPA estimates for California show a Plymouth Arrow with a 1.6 litre engine and manual transmission getting 35 MPG on the highway and 20 in the city.*

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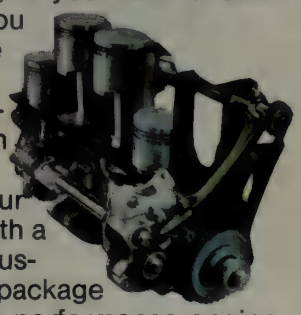
like road wheels, steel-belted radials, carpeting, woodgrain instrument panel, and a deluxe interior. All for **$4,255** (including $171 for optional wheel trim rings and AM/FM radio). You don't have to be a big shooter to own an Arrow.**

Want your Arrow to be the strong silent type? Order it with the optional 2 litre silent shaft engine. A counterbalancing system cuts vibration and noise. For a 4-cylinder, it offers a quiet almost unheard of.

Finally, if you want a swift Arrow, you can have your Chrysler-Plymouth dealer equip your Arrow with a special suspension package and such performance engine parts as intake manifold, headers and special pistons.



So, if you've been waiting for the right little car to come along, take heart. Tell your Chrysler-Plymouth dealer you'd like to buy or lease a Plymouth Arrow

ME & MY ARROW

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The little car with a lot of heart.

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**Base sticker prices excluding taxes and destination charges

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There's just nothing like the aroma of homemade bread and fresh from-the-oven baked goods to turn the family on.

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KitchenAid has been famous for many years for its ability to knead bread dough. And it whips and mixes in a way that is unique to KitchenAid. Its single beater, round-the-bowl mixing action mixes more volume faster. And you don't have to keep scraping the bowl.

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KitchenAid® Food Preparer.

You'll say it's the best.

DON NORMARK

You may not *readily recognize the spindle in this bathroom fixture—an upside-down Mexican chocolate beater*

Mexican chocolate beater... a new use

This efficient toilet tissue holder started life as a Mexican kitchen tool. Designer John W. Smith began with a hand-carved wooden beater—used to foam hot chocolate—and inverted it through a hole drilled in a simple shelf.

You'll find these beaters (*molinillos*) in many kitchen shops and Mexican import stores. The 12 to 14-inch utensil has loose wooden rings and a deeply carved ball at the beating end.

Both shelf and support are of scrap lumber. For the shelf Smith cut a half-circle (8-inch diameter) from a piece of 2 by 4; the support half-circle (5-inch diameter) came from a 1 by 4. They were glued together, then mounted to the wall. □

Three [redacted] *secure holder to wall; over plasterboard, you'd have to use expansion bolts*

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now we "eat out" five nights a week.

We've always enjoyed outdoor cooking. But our old charcoal grill was so messy and time-consuming.

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EMBERMATIC T.M.
GASGRILL BY ARKLA

The world's most popular gas grill.

STEVE W. MARLEY

Andy can signal *that he's ready to come in —without marring the door. This outside pad is painted to match the door face*

On the back door, Andy's signal pads

Pets that want to get in or out of the house can shred a door's surface in their enthusiasm. To handle this problem, Lew and Judith Crutcher of Mill Valley, California, designed a scratch pad for each side of their back door.

They used lengths of 1-by-12 edge-grain fir that matches the baseboards in their house. Each pad was mounted on plywood spacers and attached to the lower half of the door with screws. A 1 by 2 glued and screwed along one end prevents paws from slipping off and marring the door jamb.

The idea is adaptable to any size of pet from a kitten to a Great Dane. For tall dogs, you may want to mount the pad vertically instead of horizontally. The Crutchers' scratch pads, protected with several coats of polyurethane, have served well for four years. □

Scratch pad *on inside matches baseboard, is attached with four corner screws*

IT'S GOING TO BE A LONG, DRY, EXPENSIVE SUMMER.

PHOTO TAKEN MARCH 5, 1977

WHAT HAS THE DROUGHT DONE TO POWER SUPPLIES?

The drought is already having its effect on PG&E's ability to generate electric power this year. Here are the facts:

In a normal year, much of PG&E's electricity is generated by water power. The drought has reduced our hydroelectric generating capacity to *less than half* of normal. By summer, we expect our reservoirs to be at all-time lows. Any chance of getting enough rain or snow to solve the problem just about disappeared by mid-March.

Last year was also a drought year. But we were able to buy large amounts of hydroelectric power from the Pacific Northwest. This year we can't. Water conditions there are so far below normal that a 10% cutback in power usage has been ordered. So no power at all is available to us from that source this year.

Our Diablo Canyon Nuclear Plant has the capacity to fill the gap. But it is not in operation because it is still in the process of being licensed.

To make up for the missing hydro power this year, we are working our steam-electric generating plants (fueled mostly by oil) overtime. We are also buying power from Southern California and Nevada utilities. The amounts available may or may not be enough to meet all our customers' demands during peak periods in coming months. If there is not enough power to go around, our customers will be asked to cut back their use even more than now. Power shortages that require actual power cutoffs to groups of customers will occur only if voluntary cutbacks fail to work. Or if there is a breakdown of major steam-electric generating equipment. (Such breakdowns, unfortunately, are more apt to happen when generating equipment works overtime, as now.)

WHAT ABOUT THE COSTS TO YOU?

With hydroelectric capacity sharply reduced, it takes more oil to run our steam-electric generating plants. This oil, mostly imported, costs almost $15 a barrel. We will need to burn at least 50 million barrels of it this year—compared to less than 27 million last year. And the more oil we burn, the more electricity will cost.

WHAT CAN YOU DO?

If ever the need to conserve energy were clear, it is now. Saving kilowatt hours not only helps relieve the energy shortage, it also saves you real money. Just call or visit your nearest PG&E office. We will provide you with information on how you can cut down on your use of electricity without disrupting your home or business.

PG and E

Save energy. You'll save money, too.

Friday evening. *Cut and labeled lumber is ready for assembly. In background, mother and son finish the prestaining chores*

Novice nailers *learn the fine art of toenailing short 2 by 4's to over-window headers. Behind them, more experienced builders begin laying out wall locations and setting up perimeter posts*

DAVID STUBBS

Circle of friends. *Before lunch, all 42 barn-builders join hands for a traditional family blessing. Pots of hot soup, sandwich fixings, wine, juice, fruit were carried down the driveway from the house*

Checking the progress. *On Saturday afternoon, owner Jim Thomas takes a close look at the dimensions of a sheathed end wall*

Barn raising

42 friends lent mostly unskilled hands. In two weekend days the complete barn frame was up

Three-man, three-woman crew *tilts up second stud wall; it was then secured to posts, toenailed to a redwood sill, capped with a second top plate—all before lunch*

Clean sheet *of plywood serves as a sunny rest spot*

Gathering friends and neighbors to raise a barn is an idea deeply rooted in America's heritage. A few months ago, Jim and Barbara Thomas of San Luis Obispo, California, rallied together 42 willing—but for the most part unskilled—friends, neighbors, and children, and raised a barn in two days. The secret of their success: careful hours of preparation, a handful of experienced nail-drivers, and the spirit that grows out of accomplishment.

Mrs. Thomas and an old friend designed the 1,700-square-foot barn-studio-shop so it could be precut and assembled by amateurs. They also made use of some old railroad ties and windows the Thomases had bought.

For several days before the event, the Thomases cut, labeled, and stacked the components of the half post-and-beam, half stud-wall structure. Exposed rafters were stained in advance, and a slab foundation was poured a few days before the main work crew arrived.

At 8:30 Saturday morning, the barn raising began. Those with some building experience served as a cadre, directing the less experienced, laying out the labeled parts, and performing the more demanding jobs. One experienced team lifted the railroad-tie posts into place, bolted them to steel foundation straps, then started setting the perimeter beams.

Meanwhile, a crew of novices began assembling the stud walls; the location of each stud was premarked on both the top plates and sills. By 10:30 three stud walls were up.

A pair of skilled builders set to framing windows, while another group with mixed talents continued the wall framing and installed second-story floor joists.

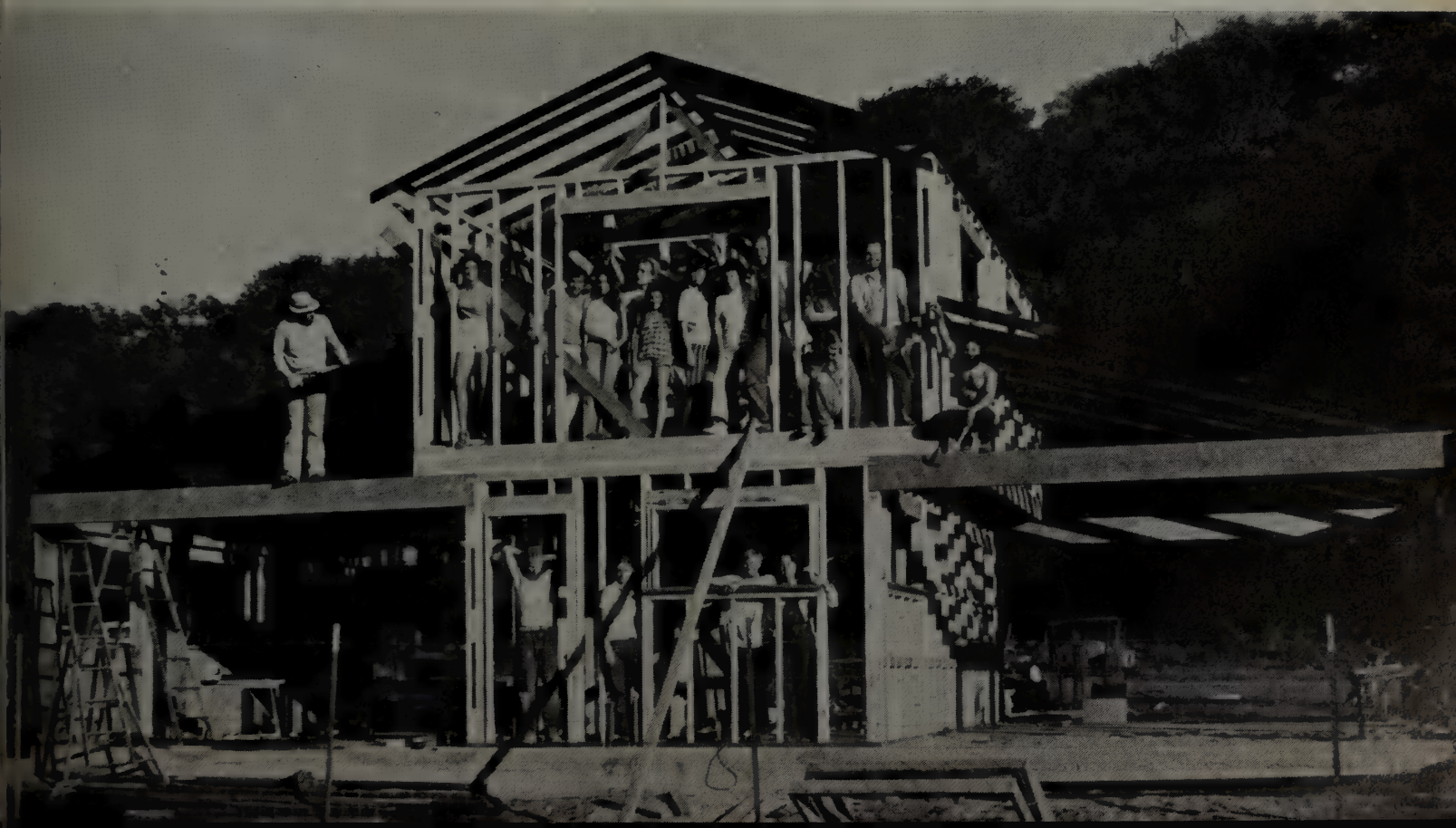
Shortly before noon, Mrs. Thomas drafted a group to start toting the food down from the house. Friends brought some food for the weekend, but much of the lunch had been prepared weeks in advance and frozen. Leftover vegetables and chicken made the base for a hearty soup; a kettle of split pea soup pleased vegetarian workers. Cheese, salami, carrot-raisin salad, fruit, wine, beer, juice, and homemade bread and cookies completed the buffet.

That afternoon much of the second story was framed. At quitting time (4:30), cheese and wine helped everyone relax as they marveled at their group accomplishment. To clean up and to continue to unwind, the group adjourned for a soak at the nearby Avila Hot Springs. Back on the site, a Mexican-style dinner was prepared (again, much of the work had been done ahead), then pillows and sleeping bags triumphed over proposed square dancing.

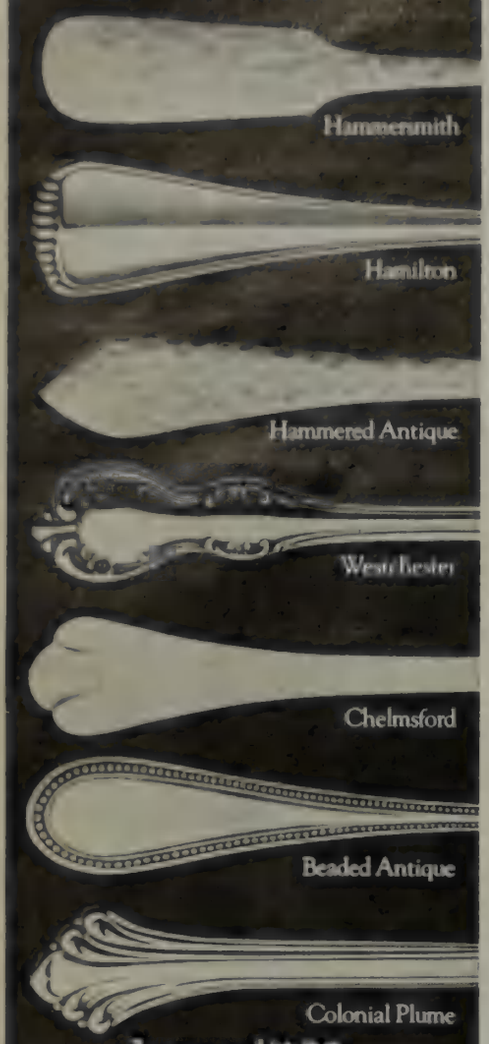
Sunday was a repeat of Saturday—plenty of good food and work. Some jobs went faster because of the experience gained, but a small error in calculations slowed progress while most of the shed-roof rafters were recut.

By late afternoon the barn was totally framed, partly sheathed, and partly roofed. The workers still on the site were exhausted, but all said they were glad they had come. □

By Sunday afternoon, *"Friendship Barn" is completely framed. The Thomases will say thanks again to their helpers at a barn dance this fall*



To have is to hold.



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Send check or money order to Towle Silversmiths, Dept SU6, Newburyport, MA 01950. Massachusetts residents add 5% sales tax. Offer expires September 30, 1977. Please allow 4 weeks for delivery.

Towle Stainless

NORMAN A. PLATE

Small shed addition *opens bathroom to outdoors and gives the dog a dry new home*

DARROW M. WATT

Daylight brightens *uncurtained bay; mirror folds back for uncluttered view. Side window can be opened*

More light for the bath, new home for a setter

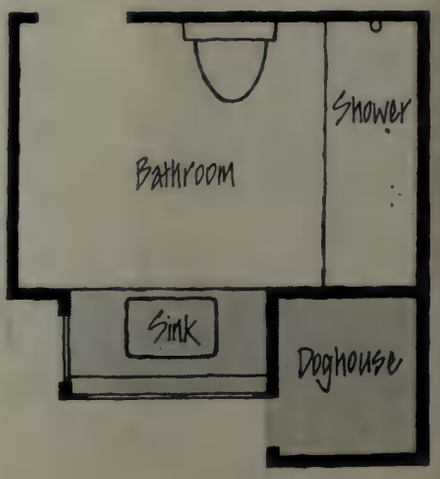
This 1930s bathroom was dark and crowded until San Francisco architects Lambert/Woods opened the exterior wall of the room to add a two-window bay and a doghouse. The new bay lets light pour into the bathroom and adds space for a lavatory basin.

One side of the L-shaped addition butts into the existing retaining wall, creating a generous room for Gio, an Irish setter. A wood deck inside keeps his floor off the ground and provides a dry space for him. Cobblestones line the path to his entrance. Beneath them gravel, and a drain that hooks up to a storm sewer, carry off moisture.

The bay has a standard tar and felt composition roof, topped (for appearances' sake) with tongue-and-groove redwood. Douglas fir boards sheathe the bath's interior walls. The basin is set in a laminated maple counter with coved borders. At one side of the basin, an extension mirror fits flat against the wall when not in use.

For ventilation the side window of the bay swings open. Both windows are bare of curtains because the rear portion of the lot beyond the retaining wall is high enough to provide complete privacy. □

Bathroom wall *was pushed out for sink alcove and a new doghouse that opens to the outside*



"A mother's pride, a father's joy."

Sir Walter Scott

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For information about the newly-formed Goebel Collectors' Club, see an official representative displaying the Goebel Collectors' Club decal. Or write: Goebel Collectors' Club, Division of Goebel Art (GmbH) Inc., 105 White Plains Road, Tarrytown, N.Y. 10591.

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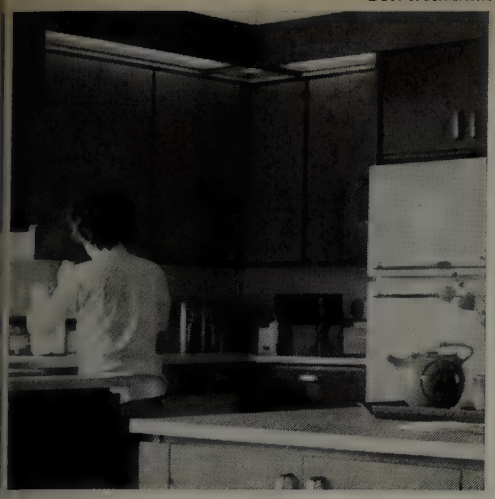

Corner cupboard *above counter is now much easier to see and reach into: Remodel added wide-open folding door, took out corner post, put in helpful lighting*

Opening up one of the kitchen's blind corners

Most kitchens have at least one cupboard filling corner space, and often it's dark and hard to get into. But a relatively simple change made all parts of the corner cupboard shown here much easier to reach.

On one side of the cupboard the door is in two sections and folds back on a long piano hinge, opening the entire space. (A standard solid door opens the other side.) The vertical corner post was omitted. When the doors are closed, the hinge can't be seen.

Adjustable shelves inside rest on standard brackets at the rear of the cupboard. Overhead, a new lighting system, fluorescent tubes behind translucent plastic panels, illuminates both the cupboard and the work counter below.

The Bumgardner Partnership of Seattle remodeled this kitchen for Michael and Marian Fukuma. □

QUARTZMATIC Seasprite II, weatherproof, battery quartz $61.95

Seth Thomas

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The Changing Western Home®

Open the door and you're in bed

This second-story loft measures only 44 by 80 inches—but it's just roomy enough for a twin-size bed.

It uses space over a first-floor bedroom in the Leland S. Burns house in Santa Monica. You reach it through a sliding door in the second-floor hall. The outer railing is 3 inches higher than the top of the bed, so there is no danger of rolling off.

An ideal spot for napping or putting up overnight guests, the loft has all the amenities of a proper guest room: a door for privacy, a comfortable bed, a reading light, and a bookshelf. A second-floor bath is directly across the hall. Architects were Charles W. Moore and Richard Chylinski.

DON NORMARK

PETER O. WHITELEY

Telephone booth finds a new life

Old telephone booths aren't easy to find, but a similar structure wouldn't be hard to build. And as the telephone company knows, they're perfect for outdoor calls—even at home.

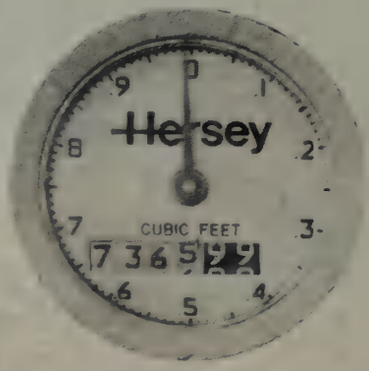
This old booth at the Frank Panigazzi house in Napa, California, is located by the swimming pool, where teenagers and other people spend a lot of time. Just as on a street corner, the booth allows for convenient, quieter, more private calls. And here it also keeps the caller from being splashed.

How to read your water meter in cubic feet or gallons

With water rationing imposed or proposed for many Western communities, you may want to read your meter to keep track of your total water consumption or to figure out how much is used for various needs. The dials shown here are examples of the two most common types of meters; they may look complex, but with a little practice you should be able to read them quickly and accurately.

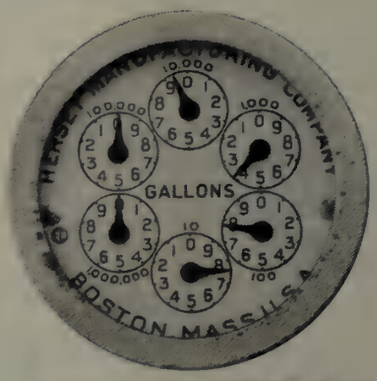
First find your meter: It's usually in a buried concrete box near the front of your property. Remove the cover and lift the brass meter lid.

To measure the amount of water an appliance, toilet, or shower uses, make sure all other faucets and appliances are turned off, take a meter reading, then run the appliance. When it's finished, read the meter again; subtracting these figures from the previous ones will give you the total water consumed by one cycle, one shower, or one flush.



If your meter looks like the one pictured above, you have a straight-reading meter; it reads exactly like your car's odometer, but in gallons or cubic feet. To figure out your monthly water use, record the numbers on the dial at the same day each month, then subtract this month's figure from last month's for your total consumption.

This meter shows 736,599 cubic feet of water used since installation (meters are never reset). To convert cubic feet to gallons, simply multiply by 7.48 (736,599 cubic feet equals 5,509,760.52 gallons).



MARTHA WOODWARD

If you have a meter like the one above, you have a round-reading meter. Above or below each small dial are numbers that differ by powers of 10, 100, 1,000, 10,000 and so forth. To read a meter like this, start with the dial with the largest numbers and proceed clockwise to the smallest dial, recording the number each hand points to (if it's smack on top) or the next-lowest number. The meter shows 099,377 gallons.

If your meter varies from those shown here, or if you have trouble reading your meter, check with your water company.

Mini-track lights, bulbs, spots, tubes

Miniature track lighting is a new system designed to bring light to shelves, cabinets, and counters. It can highlight art objects, wash paintings with light, or brighten kitchen work areas. Fitted with fluorescent tubes it can supply light to plants.

Individual track units come with a cord that plugs into an ordinary wall outlet. You need only a screwdriver to attach the track (it can be easily moved to another location whenever you wish).

The electrified track allows you to twist in the individual lights where you want them. The basic light, a 7-watt bulb, costs $1.50; also available are a spot light ($10) and a 15-watt, 22-inch fluorescent tube ($15).

Tracks are 15 inches ($15), 28 inches ($22), 31 inches ($24.50). Joiner tracks ($25, 40 inches) will extend the basic track to the length you need.

This system is designed by Lightolier and can be found in stores specializing in light fixtures.

Sandpaper on a sponge

When working corners, sharp edges, or contoured projects, a flexible sanding block makes a lot of sense—and doubly so if you can rinse it out to unclog and reuse the paper. These are two advantages of a new sanding block called Quicksand, available at paint, hardware, and home-improvement stores.

Each 1½ by 3 by 5-inch stiff sponge block costs about $1.40 and comes with two different grits of abrasive permanently attached—medium-coarse or medium-fine.

NORMAN A. PLATE

Chemical spray makes wallpaper removal easier

Anyone who has attempted to tear, soak, or steam off old wallpaper will be happy to know about a do-it-yourself paste-softening product that makes the job easier, faster, and neater.

Spray-N-Peel is a nontoxic, nonstaining chemical solution sold in paint and wallpaper stores. It comes in a returnable pressurized can with a hose and nozzle (like a garden sprayer).

Before spraying, score or scratch the paper with the edge of a saw blade or some other tool to help the solution penetrate. Spray the wall, wait for the chemical to soak through, then simply peel off the old paper.

Spray-N-Peel is available in 1½ and 3-gallon sizes (about $10 and $15).

Sunset's Kitchen Cabinet®

As June rolls around and youngsters are getting out of school, family cooks may need a vacation too. So this month's menus provide recipes with a minimum of preparation.

A company barbecue might start with chilled avocado soup, followed by marinated beef strips and a refreshing apple and alfalfa sprout salad. The savory fish and poached egg entrées can be enjoyed by calorie counters. But dessert lovers will find the black-

Serve mugfuls of this soup for lunch or as a cool, refreshing midday snack

Chilled Avocado Soup

Crushed corn chips are sprinkled over individual servings of this soup.

- 1 tablespoon salad oil
- 1 clove garlic, minced or pressed
- ½ cup chopped onion
- 2 large ripe avocados
- ¼ cup lemon juice
- 3 tablespoons dry Sherry (optional)
- 3 teaspoons chicken-stock base, dissolved in 2½ cups hot water
- ¾ teaspoon liquid hot pepper seasoning
- 2 tablespoons chopped fresh coriander (cilantro) or parsley
- 2 to 2¼ cups milk
- Salt to taste
- About 1 cup corn chips

Heat the oil in a small pan set over medium heat. Add the garlic and onion and cook, stirring, just until onion is limp; set aside to cool.

Peel, pit, and slice avocados into an electric blender container; add the lemon juice, onion mixture, and Sherry and whirl until puréed. Add the chicken broth mixture and pepper seasoning; whirl until smoothly puréed; turn into a bowl. Stir in the coriander, enough milk to thin to desired consistency, and salt to taste. Cover and chill.

To serve, let guests sprinkle corn chips over individual servings. Makes about 1½ quarts or 6 servings.—*T. M., San Jose*

A fresh mint-flavored dressing coats this crunchy apple and sprout salad

Alfalfa Sprouts and Apple Salad

Once it's tossed, this salad won't wilt as quickly as most.

- 4 ounces alfalfa sprouts
- 2 cups shredded iceberg lettuce
- ¼ cup *each* finely chopped parsley and thinly sliced green onions
- 1 cup sliced celery
- ⅓ cup salad oil
- 3 tablespoons lemon juice
- 2 tablespoons finely chopped fresh mint or dry mint leaves
- 1 teaspoon honey
- 1 teaspoon garlic salt
- ¼ teaspoon pepper
- 2 medium-sized red apples
- ½ cup chopped nuts

In a 4-quart salad bowl, combine the alfalfa sprouts, lettuce, parsley, onions, and celery; cover and refrigerate if made ahead.

In a small bowl, beat together the salad oil, lemon juice, mint leaves, honey, garlic salt, and pepper until well blended; chill at least 30 minutes to allow flavors to blend.

To serve, core but do not peel the apples. Cut apples into ½-inch cubes and add them with the nuts to the sprouts and lettuce mixture. Thoroughly mix together the dressing and pour over the salad. Toss until all ingredients are well-coated with dressing. Makes about 6 to 8 servings.—*P. M., Marysville, Wash.*

If you have an electric grill, guests can cook their own meat at the table

Korean Beef Strips

Marinate sesame and soy-flavored strips for 3 hours before cooking.

- About 3 pounds boneless beef chuck roast
- ½ cup *each* soy, salad oil, and finely minced green onions
- 2 cloves garlic, minced or pressed
- 4 teaspoons sesame seed
- 2 teaspoons sugar
- 1 teaspoon *each* monosodium glutamate and sesame oil (optional)
- 1 teaspoon finely minced fresh ginger (or ½ teaspoon ground ginger)

For easy slicing, partially freeze the meat. Then cut into ¼-inch slices.

In a large bowl, stir together the soy, salad oil, green onion, garlic, sesame seed, sugar, monosodium glutamate, sesame oil, and ginger. Add the beef strips, mixing gently to coat thoroughly. Cover and refrigerate 3 to 6 hours to let meat marinate.

To barbecue, ignite enough coals to make a low-burning fire. When they're covered with gray ash, spread coals in a single layer and put part of the beef strips at a time to grill. Cook quickly, turning once, for 1 minute on each side. Or cook beef strips over an electric grill according to manufacturer's directions. Makes 6 to 8 servings.—*I. M., San Diego.*

berry pie most appealing.

To share your favorite summer recipe, mail contributions to *Sunset Magazine,* Menlo Park, Calif. 94025. We now pay $25 for each recipe published.

Avocado soup, sprouts salad, with fish fillets or Korean beef strips

Savory Cheese-topped Fish Fillets

Choose red snapper, lingcod, sole, or halibut fillets for this fish entrée.

- 2 pounds white-fleshed fish fillets (see suggestions above)
- Salad oil
- 3 tablespoons butter or margarine
- ¼ pound mushrooms, thinly sliced
- 2 tablespoons minced green onions
- ¾ teaspoon salt
- ½ teaspoon basil leaves
- ¼ teaspoon lemon pepper seasoning or pepper
- 1 medium-sized tomato (peeled, seeded, and chopped)
- 1 cup (4 oz.) shredded Cheddar cheese
- 1 egg, beaten

Place the fish on a lightly greased baking sheet. Drizzle the top of each fillet with about ½ teaspoon oil. Bake in a 500° oven for 5 to 8 minutes or until fish flakes. Remove from oven and drain off juices.

Meanwhile, melt the butter in a frying pan set over medium-high heat; add the mushrooms and green onions and cook, stirring, until liquid evaporates. Remove from heat; stir in the salt, basil, lemon pepper, tomato, cheese, and egg. Spoon the mixture evenly over the top of each fillet. Cook 5 inches away from a preheated broiler unit just until the cheese melts. Makes 4 to 6 servings.—*I. R., Sacramento.*

Cheddar cheese laced with vegetables broils atop fish fillets until melted

Poached Eggs in Spanish Sauce

If you use an electric frying pan, you can cook this egg dish at the table.

- 1 tablespoon *each* butter and olive oil (or salad oil)
- 1 large onion, chopped
- 3 cloves garlic, minced or pressed
- 2 tablespoons all-purpose flour
- 1 can (12 to 14 oz.) Mexican green tomatillos, drained
- 1 can (28 oz.) stewed tomatoes
- 1 tablespoon vinegar
- 1 teaspoon chicken-stock base, dissolved in 1 cup water
- 1 can (4 oz.) diced California green chiles
- ¼ teaspoon crushed red pepper
- 8 to 10 eggs

Heat the butter and oil in a large frying pan set over medium heat; add the onion and garlic and cook, stirring, until onion is limp. Stir in the flour. Gradually stir in the tomatillos, stewed tomatoes, vinegar, chicken broth mixture, chiles, and red pepper, breaking up tomatoes with a spoon, until well blended. Cook, stirring occasionally, over medium-high heat until sauce reduces and thickens; this takes about 10 minutes.

Reduce heat to low to keep sauce at a gentle simmer. Gently break the eggs into the sauce. Cover and cook until eggs are softly set, about 8 minutes. Makes 4 to 6 servings.—*T. K., Sepulveda, Calif.*

Offer English muffins with these eggs and their spicy tomato poaching sauce

Ricotta Berry Pie

To garnish, sprinkle cinnamon over the cheese topping just before baking.

- Pastry for a 9-inch pie shell (from a mix or your own recipe)
- 2½ cups fresh or unsweetened frozen blackberries or boysenberries
- ¾ cup sugar
- 1½ tablespoons quick-cooking tapioca
- ½ teaspoon ground cinnamon
- 8 ounces ricotta cheese
- 1 egg, separated
- ¼ teaspoon salt
- ½ cup half-and-half (light cream)
- 1 tablespoon lemon juice
- ¾ teaspoon grated lemon peel

Line a 9-inch pan with the pastry. Mix together the berries, ½ cup of the sugar, the tapioca, and cinnamon until blended; let stand 5 minutes.

In a blender container combine the ricotta, egg yolk, salt, half-and-half, remaining ¼ cup of sugar, lemon juice, and peel; whirl until smoothly puréed. Beat the egg white until soft peaks form; fold in the cheese mixture just until blended.

Spoon the berry mixture into the pastry; evenly spread over the cheese mixture. Bake in a 425° oven for 10 minutes; reduce heat to 350° and continue baking 30 minutes or until topping appears firm when dish is gently shaken. Makes about 6 servings.—*C. K., Milwaukie, Ore.* □

Spoon a creamy ricotta cheese topping over this lemony-fresh berry filling

Today, many couples look for ways to personalize their wedding celebration. One idea is an informal reception featuring foods prepared by the bride and groom with help from a few relatives and close friends.

These two buffets are good choices for such a reception—or any other large gathering this summer. The first menu suggests a handsome arrangement of ingredients and dressings for a big wholemeal salad. The second buffet offers cold meats and cheeses, an assortment of breads, and special spreads for self-service sandwich making.

You can tailor either meal to your tastes and budget. At least two weeks in advance, decide on the menu, then delegate shopping and cooking duties. All the vegetables, dressings, and spreads can be prepared one or two days ahead. If you prepare your own cold cooked meat, you can roast, cut, wrap, and freeze it up to a month ahead (except ham, which is best if not frozen). Each buffet is planned to serve 25 guests; multiply amounts as needed.

You can choose a wine or fruit-based punch to accompany the buffet; turn to page 200 for suggestions.

Wedding salad buffet

Along with the salad offer an assortment of breads such as croissants, brioches, Parker House rolls, French rolls, corn or bran muffins, or breadsticks; you'll need 4 to 6 dozen, plus ¾ pound butter or margarine.

Buffet Salad

20 to 25 quarts mixed torn greens: Buy 6 or 7 assorted heads such as iceberg lettuce, romaine, butter lettuce, chicory, or red leaf lettuce, or spinach

About 6 pounds of meats, fish, and cheeses: Choose 3 or 4 from cold cooked small shrimp; shredded cold cooked chicken or turkey; cold cooked beef or ham, cut in julienne strips; Swiss, Cheddar, or jack cheese, cut in julienne strips; and canned tuna, drained

6 quarts vegetables: Choose 6 to 8 from canned artichoke hearts, drained; canned kidney beans or garbanzos, drained; cold cooked asparagus spears; thinly sliced cucumbers; thinly sliced radishes; alfalfa or bean sprouts; cherry tomatoes, stems removed; thinly sliced carrots; canned pickled sliced beets, drained; thinly sliced green peppers; raw edible-pod peas, strings removed

1 quart *each* of 2 or 3 salad dressings (recipes follow)

Place mixed greens in a big basket or bowl; surround it on the buffet table with your choice of meats, cheeses, vegetables, and salad dressings. Makes 25 servings.

Lemon-thyme dressing. Stir together 2 cups salad oil; 2 tablespoons grated lemon peel; 1 cup lemon juice; 2 large cloves garlic, minced or pressed; 1½ tablespoons sugar; 1 tablespoon thyme leaves; 2 teaspoons salt; and ½ teaspoon pepper. Shortly before serving, stir in 1½ cups finely chopped parsley. Makes about 1 quart.

Creamy onion dressing. In a blender whirl together until smooth 2 cups coarsely chopped green onions (including tops), 1 cup mayonnaise, 4 large cloves garlic, ⅓ cup white wine vinegar, 1 tablespoon *each* salt and dry mustard, and ½ teaspoon white pepper. Stir mixture into 3 cups sour cream. Makes about 1 quart.

Mustard-tarragon dressing. Whirl together until smooth 2 cups salad oil, 1 cup tarragon wine vinegar, ½ cup Dijon mustard, 2 teaspoons *each* salt and tarragon leaves, 3 large cloves garlic, and 4 hard-cooked eggs, cut up. Makes about 1 quart.

Reception sandwich buffet

With the sandwich makings offer an assortment of relishes and raw vegetables —you'll need about 4 quarts. Choose from celery and carrot sticks; radishes; whole green onions; sweet or dill pickle chips, drained; ripe olives, drained; and pickled sweet or hot peppers, drained. Fashion the relishes into an attractive centerpiece or place them in separate containers.

Buffet Sandwiches

About 6 pounds meats, cheeses, and eggs: Choose 3 or 4 from thinly sliced cold cooked ham, beef, turkey, or chicken; sliced Swiss, Cheddar, jack, provolone, or fontina cheese; and thinly sliced hard-cooked eggs

About 3 heads butter or red leaf lettuce or 1 pound alfalfa sprouts

6 tomatoes, thinly sliced

5 green peppers, thinly sliced

5 cucumbers, thinly sliced

1 pound butter or margarine

3 to 4 cups sandwich spreads: Choose one or more of the recipes that follow, or guacamole (your own recipe or thawed frozen avocado dip)

4 to 5 pounds assorted breads: Choose from French sandwich, onion, or Kaiser rolls, split; bagels, split; Arab pocket bread, cut in halves; and small or large loaves of sliced rye, French, Italian, or whole wheat bread

Arrange meats, cheeses, and eggs attractively on a wide platter. Place lettuce leaves, sliced tomato, green pepper, and cucumber nearby. Group butter and sandwich spreads together next to a big basket holding the breads. Makes 25 servings.

Mustard-chive mayonnaise. Stir together ¾ cup mayonnaise, ¼ cup Dijon mustard, and ½ cup thinly sliced chives (fresh, frozen, or freeze-dried). Makes about 1 cup.

Lemon-caper spread. Stir together ½ cup *each* unflavored yogurt and mayonnaise, 3 tablespoons finely chopped parsley, 2 tablespoons drained capers, 1½ teaspoons grated lemon peel, ½ teaspoon garlic salt, and ⅛ teaspoon pepper. Makes about 1 cup.

Creamy caraway spread. Beat together 3 packages (3 oz. *each*) pimiento cream cheese (at room temperature), 1½ teaspoons caraway seed, 1 teaspoon dry mustard, ½ teaspoon garlic salt, and 2 tablespoons tarragon wine vinegar. Makes about 1 cup. □

Personalizing the reception...buffet made by bride, groom, friends

ride and groom *assemble their salads om a reception buffet of mixed greens, isp raw vegetables, cold meats, shrimp, eeses, and a choice of homemade dressings*
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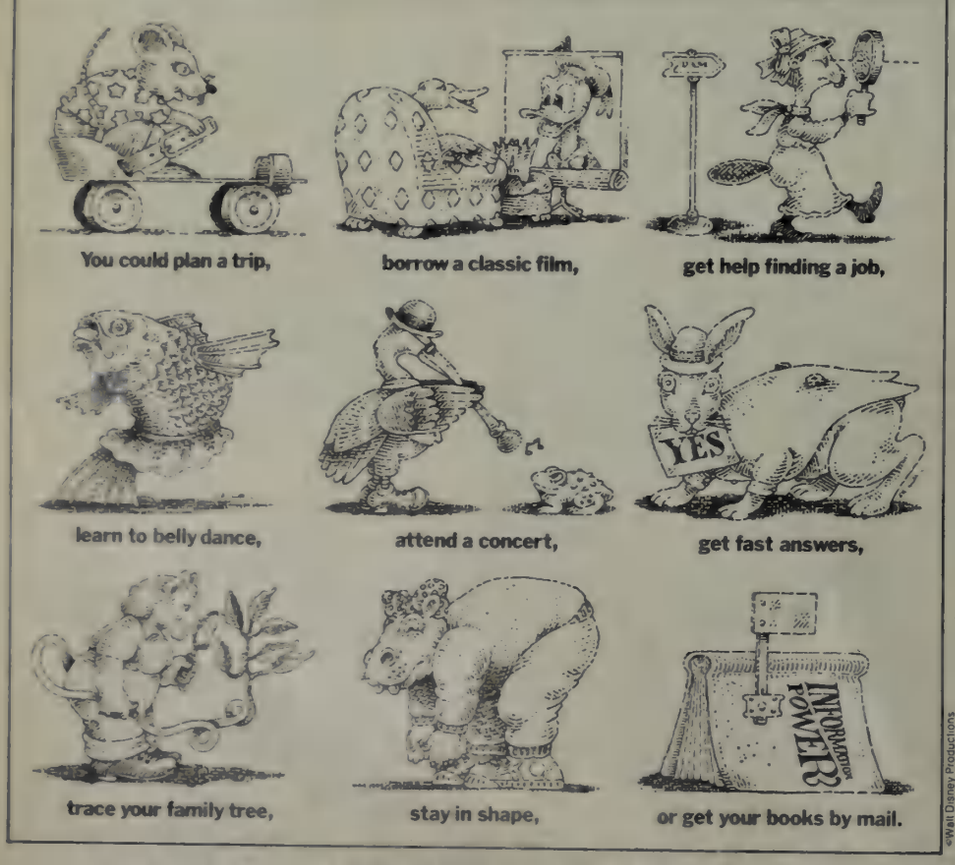

You could plan a trip, borrow a classic film, get help finding a job,
learn to belly dance, attend a concert, get fast answers,
trace your family tree, stay in shape, or get your books by mail.

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One-inch new potatoes... with or before dinner

Petite new potatoes, dug up when they're about an inch in diameter, have a mellow natural goodness. If you haven't planted potatoes, you can often discover these tiny ones at the market.

They're good in a variety of ways. For an unusual appetizer, roast the potatoes and toss them with seasoned melted butter. Or, to serve as a vegetable, boil them with peas, then dress with cream. Cooked and then glazed with caramelized sugar they're also good with a roast or ham.

New Potato Nibbles

Scrub and dry about 1 pound tiny new potatoes; place in a 9-inch square baking pan and bake uncovered in a 400° oven for about 40 minutes or until tender when pierced. Add 2 tablespoons butter or margarine and sprinkle generously with Mexican seasoning, seasoned salt, or garlic salt. Return to oven until butter is melted; shake pan to coat potatoes on all sides. Offer with wooden picks and melted butter for dipping. Makes about 1½ dozen appetizers.

Petite Potatoes with Peas

Scrub and dry about 1½ pounds tiny new potatoes. Shell 1½ pounds peas and combine with potatoes in a 3-quart pan, add ½ inch water, cover, and boil gently for about 20 minutes, until tender to bite. Drain well; add ⅓ cup whipping cream and 2 tablespoons *each* butter or margarine and chopped parsley. Season to taste with salt, pepper, and ground nutmeg. Stir well and boil briefly, uncovered, just until hot through and cream has thickened slightly.

(If using frozen peas, thaw 1 package (1 oz.), add to boiled potatoes along with whipping cream, and proceed as directed.) Makes about 6 servings.

Glazed New Potatoes

Scrub about 2 pounds small new potatoes; place in a 3-quart pan, cover with water, and boil, uncovered, for about 2 minutes or until tender when pierced. When cool enough to handle, peel (if desired).

Place ½ cup sugar in a frying pan over medium heat; when melted and golden add 2 tablespoons butter or margarine and stir until blended. Reduce heat to low; add potatoes and turn them over in syrup. Cover pan and cook, stirring often, for 6 to 8 minutes or until well glazed. Makes about 6 servings.

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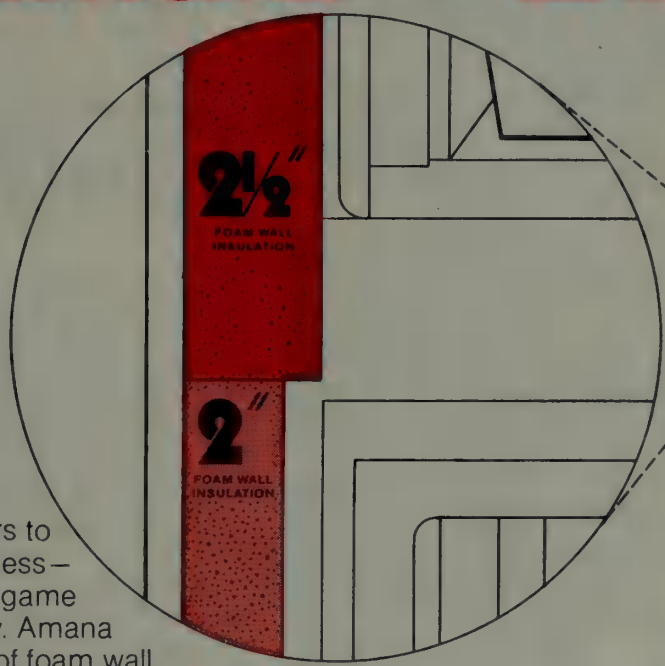

MODEL ESRFC-14A
with optional add-on
Automatic Ice Maker
(extra cost).

The name 2 PLUS 2½ refers to insulation thickness—the name of the game in saving energy. Amana puts 2½ inches of foam wall insulation around the zero degree freezer, where it's needed most (typical refrigerators have 1¾" of foam around the freezer). Here's why Amana uses 2½ inches of foam insulation. The freezer must maintain a temperature of 0°F. When the room temperature is 80°F., there's a difference of 80° between the inside of the freezer and the outside. That's why Amana engineers used good sense and put 2½" of foam wall insulation around the freezer. The refrigerator is approximately 38°F. inside—42° colder than room temperature. This doesn't require as much insulation, but Amana put 2 inches of foam wall insulation around the refrigerator anyway, ¼" more than typical refrigerators. *That makes good sense, too.*

Amana didn't stop with thicker foam wall insulation—the major part of the Amana energy saving answer. There's the seamless 1-piece Insuliner™ *plus* superior foam door insulation *plus* Magna-seal door gaskets. All combine to seal out heat and help keep electric bills down.

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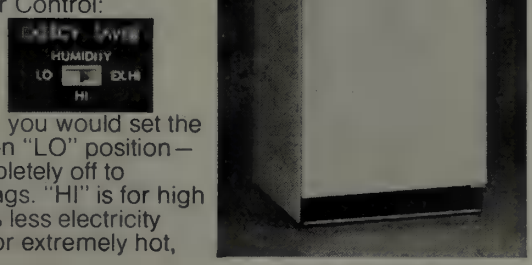

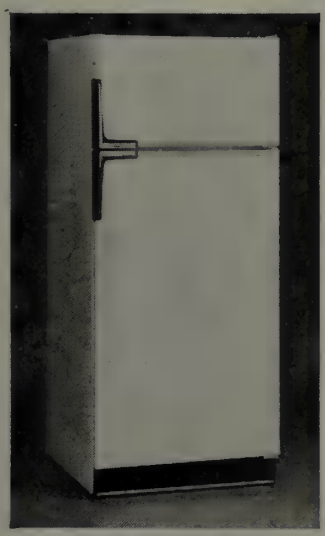

MODEL ESRFC-14A

Amana 2 PLUS 2½ Refrigerators are as long on features as they are stingy with electricity.

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DARROW M. WATT

Teriyaki-marinated *steaks cook quickly on the hibachi, then go on a split bun with lettuce, tomato, onion*

JUNE MENUS

Teriyaki sirloin back-yard picnic, Continental breakfast, trout supper

Leisurely outdoor feasts are perfect for celebrating spring events—senior skip day, Father's Day, graduation. This one welcomes volunteer cooks: Guests can help crank the freezer for the creamy honey custard ice cream or barbecue the steaks for sandwiches.

Other menus this month help you take advantage of the season's best. Plump sweet cherries or early apricots make a showy appearance on flaky breakfast tarts. And for a company or family dinner, freshly caught or store-bought trout get special treatment with a spicy pecan or almond crust.

Back-yard picnic

A thinly sliced sirloin tip roast is marinated to make steak sandwiches.

Teriyaki Steak Sandwiches
Sweet Slaw Cucumber Spears Radishes
Honey Custard Toffee Ice Cream Cones
Ice Tea, Soft Drinks, or Fruit Punch

Marinate the meat and make the custard base for the ice cream the night before or at least several hours ahead. When guests arrive, let them help crank the freezer to make the ice cream, and when the barbecue fire is ready each person can cook his own steak as rare or well done as he likes for the sandwiches. For dessert, pile scoops of the rich homemade ice cream into cones or bowls.

Teriyaki Steak Sandwiches

Buy a sirloin tip roast (about 3 pounds). Cut across the grain to make about a dozen ¼-inch-thick steaks (or ask the meatman to slice it for you).

Stir together 1 cup soy sauce, ⅓ cup sugar, ¼ cup dry Sherry, 3 cloves garlic (minced or pressed), and 2 tablespoons *each* minced fresh ginger and salad oil. Add meat to soy mixture. Cover and chill, turning meat occasionally, at least 4 hours or as long as overnight.

About 45 minutes before cooking, ignite long-burning briquettes in the barbecue. When briquettes are covered with a gray ash, arrange in a single solid layer. Place meat on a lightly greased grill 2 to 3 inches above hot glowing coals and cook, turning once, until done to your liking, about 1 minute per side for medium rare.

Also set out 12 split hamburger buns (or onion, kaiser, or French sandwich rolls); 1 large head butter lettuce, washed and crisped; 2 to 3 large tomatoes, thinly sliced; 1 large red onion,

Now it's time *to savor the results of all that hard cranking—creamy honey custard ice cream on a cone*

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DARROW M. WATT

Pretty cherry pastries *are especially quick to make. Simply roll out thawed frozen patty shells, top with fruit, then bake until crisp and golden*

thinly sliced; and about ¾ cup mayonnaise. Then let guests assemble their own sandwiches. Makes 12 servings.

Sweet Slaw

Stir together ⅔ cup white vinegar, ½ cup sugar, ¾ teaspoon salt, and 2 teaspoons sesame or salad oil; set aside. Combine 8 cups finely shredded cabbage, ½ pound bean sprouts, 1½ cups shredded carrot, 1 large green pepper (cut into thin slivers), and 3 green onions (thinly sliced). Shortly before serving, shake or stir vinegar mixture and toss with vegetables. Makes 12 servings.

Honey Custard Toffee Ice Cream

In a pan, stir together ¼ cup cornstarch, ⅔ cup instant nonfat dry milk powder, and a dash of salt. Gradually stir in 1½ cups water. Cook, over low heat, until it boils and thickens; stir in 1 cup honey.

Lightly beat together 6 eggs and stir in some of the hot honey mixture to warm them; then pour the egg batch into the milk and honey mixture. Cook over medium-low heat, stirring, until mixture begins to boil and thickens. Cool, cover, and chill well. Stir in 1 quart whipping cream, 2 cups half-and-half (light cream), and 2 tablespoons vanilla.

To prepare in an ice-cream freezer. Pour mixture into a 4-quart or larger freezer can (no more than ⅔ full); cover and chill until cold. Assemble the freezer with ice and salt according to manufacturer's directions. When hand cranking becomes difficult or the electric motor stalls, remove the dasher attachment filled with the ice cream. Fold in 8 to 12 ounces coarsely chopped or crushed chocolate-covered hard toffee candy.

Cover tightly and store in the family freezer until hard (or return to ice cream freezer and pack with fresh ice according to manufacturer's directions; let set 1 to 2 hours). Makes about 4 quarts.—*C.C., San Luis Obispo, Calif.*

To make in a home freezer (at 0° or below). After adding vanilla, pour chilled ice cream mixture into a metal pan or freezer trays and cover. Place in freezer for about 1½ hours, or until a 2-inch border has frozen. Transfer to a cold bowl and beat with an electric mixer or rotary beater until fluffy. Fold in candy. Cover and freeze until solid.

Continental breakfast

For a delicious change from toast with your breakfast eggs and sausage, try easy-to-make fruit pastries. These tarts are made from puff patty shells (purchased frozen) and fresh or canned fruit.

Fresh Fruit Pastries
Soft-cooked Eggs **Sausages**
Milk **Spiced Tea or Coffee**

Because the tarts are best when served fresh and crisp from the oven, assemble them shortly before baking and serving. To speed up the preparation, the night before you can place the frozen patty shells in the refrigerator to thaw (if you wait until morning, they'll take about 1 hour to thaw at room temperature). Following our directions, you can make a single pastry for yourself or multiply it by the number of guests.

Fresh Fruit Pastry

For each serving, roll out on a lightly floured board 1 thawed puff pastry shell to make a 6-inch circle. Place on an ungreased rimmed baking sheet and top with about ⅔ cup pitted fresh cherries or 6 fresh apricot halves (or use the

KRAFT SALAD DAYS ARE HERE.

Celebrate the abundance of California's lush Salinas Valley..."Salad Bowl of the Nation." This hearty salad contains the Valley's crisp, western iceberg lettuce and choicest vegetables, topped with rich, thick KRAFT Thousand Island Dressing.

CELEBRATE THE ICEBERG LETTUCE WITH A SALINAS SALAD BOWL

1 cup cauliflowerets slices
1 cup mushroom slices
1 cup celery slices
1 cup broccoli flowerets
1 cup cherry tomato halves
½ cup green pepper strips
½ cup radish slices
½ cup KRAFT Oil and Vinegar Dressing
1 head western iceberg lettuce, cut into 6 wedges
8 oz. bottle KRAFT Thousand Island Dressing

Combine cauliflower, mushrooms, celery, broccoli, tomatoes, green pepper and radishes; marinate in oil and vinegar dressing for 2 hours. Drain. Arrange chilled lettuce wedges in salad bowl. Spoon vegetables over wedges. Serve with thousand island dressing. 6 servings

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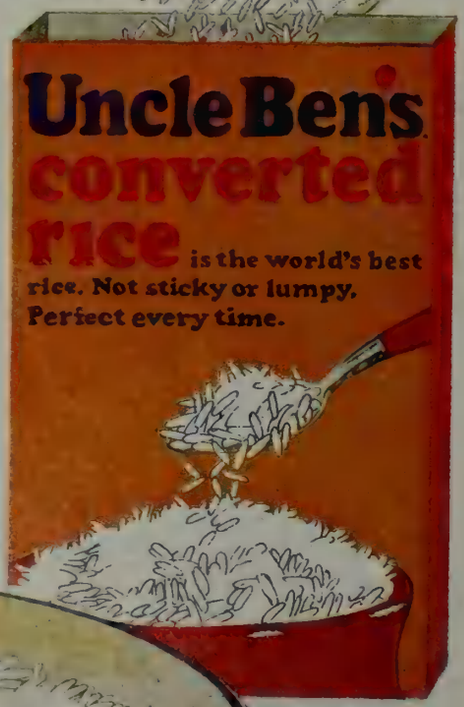

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same amounts of canned pitted dark sweet cherries or apricot halves, well drained). Sprinkle fruit-topped pastry with 1 to 2 teaspoons sugar and a light dusting of ground cardamom, cinnamon, or nutmeg.

Bake, uncovered, in a 400° oven about 25 minutes or until golden brown. Spread 1 teaspoon cherry or apricot jam over top to glaze. Serve warm, plain, or with sour cream. Makes 1.

Trout dinner

Ground nuts give these oven-fried fish their crunchy coating; chile powder accents their flavor.

Coriander Fruit Salad
Nut-crusted Trout
Butter-steamed Summer Squash
Crusty Rolls Butter

Fresh coriander (also called cilantro or Chinese parsley) is sold in Oriental and Mexican markets.

Coriander Fruit Salad

Stir together 3 tablespoons *each* lemon juice, lime juice, and honey and 2 tablespoons chopped fresh coriander or mint.

Cut off top, bottom, and rind from 1 medium-sized pineapple (about 4 lbs.). Remove core and cut fruit into bite-sized chunks. Also remove peel and white membrane from 2 large oranges; slice fruit crosswise. Peel and thinly slice 1 medium-sized cucumber. Mix all together with the juice mixture. Cover and chill up to 2 hours. Serve from a lettuce-lined bowl. Makes 6 servings.

Nut-crusted Trout

Place a large shallow baking pan or heat-proof metal serving platter in oven and turn to 500°.

Wipe 6 whole cleaned trout (each 8 to 10 oz.) with a damp cloth. Whirl ½ cup coarsely chopped pecans or almonds in a blender just until finely ground. Mix nuts with ½ cup fine dry bread crumbs, 1 tablespoon minced parsley, and 1 teaspoon chile powder; spread on a piece of waxed paper. In a shallow pan, beat together 2 eggs. Dip each fish in egg to coat; drain briefly, then roll in nut mixture to coat all over; set aside.

Remove hot pan from oven. Put equal amounts of butter or margarine and salad oil (about 4 tablespoons *each*) in pan so that it is ⅛ inch deep; swirl in pan until melted. Lay one fish in pan, turn to coat with melted butter, and repeat with remaining fish, arranging in a single layer in pan.

Return pan to 500° oven and bake until fish is lightly browned and flakes readily when prodded in the thickest portion, 10 to 12 minutes for a 1 to 1¼-inch-thick fish. Sprinkle with salt and pepper to taste. Makes 6 servings. □

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Oscar Mayer

Hearty, beany soups and stews . . . each is a meal

Tender meatballs *with garbanzos and zucchini —quick to make when you start with cooked-ahead or canned beans*

GLENN CHRISTIANSEN

Whole-meal soups and stews are worth remembering whenever you have a hungry group to feed. These start with canned beans or, for greater economy, with dried beans you cook at home. (To see three of these dishes pictured and learn more about beans and other dry legumes, turn to page 90.)

Each recipe calls for about 6 cups cooked beans—the approximate yield from 1 pound dried beans, four 1-pound cans, or two 28-ounce cans. If you use dried beans, see directions for soaking and cooking on page 91. These one-pot meals can all be made ahead and then reheated later.

Except for the Cuban black bean soup, each dish is nutritionally balanced with meat to supplement the bean protein. You might round out the black bean soup menu with broiled, cheese-topped corn tortillas.

Sausage and Bean Soup

- 2 tablespoons olive oil or salad oil
- About 1 pound Italian or garlic sausage or kielbasa, cut in ¼-inch slices
- 2 medium-sized onions, chopped
- 2 large cloves garlic, minced or pressed
- 4 stalks celery, thinly sliced
- 2 medium-sized carrots, thinly sliced
- About 1½ quarts water
- 6 beef bouillon cubes
- 1 large can (about 28 oz.) tomatoes
- About 6 cups cooked or canned Great Northern or cranberry beans or garbanzos, drained
- 1 teaspoon *each* dry basil and oregano leaves
- 3 medium-sized zucchini, cut in ¼-inch slices
- Salt and pepper to taste

In a 6 to 8-quart Dutch oven, heat the oil over medium heat. Add sausage, onion, and garlic; cook, stirring, until the sausages begin to brown. Add celery, carrots, 1½ quarts water, bouillon cubes, tomatoes including their liquid (break up tomatoes with spoon), beans, basil, and oregano. Simmer, covered, for 20 minutes; skim off any excess fat. This much can be done ahead.

Bring soup to simmering, adding more water if needed. Stir in zucchini and cook until tender, about 10 minutes. Makes about 12 servings.

Cuban Black Bean Soup

- Marinated rice (directions follow)
- 4 tablespoons olive oil or salad oil
- 2 medium-sized onions, finely chopped
- 2 medium-sized green peppers, finely chopped
- 5 large cloves garlic, minced or pressed
- About 3 cups water
- 4 beef bouillon cubes
- 1½ teaspoon *each* ground cumin and oregano leaves
- 2 tablespoons vinegar
- About 6 cups cooked or canned black or red beans, drained

At least 1 hour or up to a day ahead, prepare marinated rice.

In a 4 to 5-quart Dutch oven, heat the oil over medium heat. Add onion, green pepper, and garlic; cook, stirring, until limp. Add 3 cups water, bouillon cubes, cumin, oregano, vinegar, and beans. Cover and simmer for 30 minutes, adding more water if desired for thinner consistency. This much can be done ahead; then reheat to simmering.

Serve in bowls, adding a generous spoonful of marinated rice to each. Makes 6 to 8 servings.—*K. K., Moraga, Calif.*

Marinated rice. Combine 1½ cups cooked rice with ⅓ cup finely chopped white onion (or white part of green onion), 3 tablespoons *each* olive oil and white wine vinegar. Cover and chill.

Butter Limas with Chicken

- 6 to 8 chicken wings, legs, or thighs (or a combination)
- Salt and pepper
- About 4 tablespoons salad oil
- 1 large onion, chopped
- 2 cloves garlic, minced or pressed
- 1 can (about 15 oz.) tomatoes
- ½ teaspoon savory leaves
- 4 medium-sized carrots, cut in ¼-inch slices
- About ½ cup water
- 1 chicken bouillon cube
- About 6 cups cooked or canned large (butter) lima beans, drained
- Thinly sliced green onion or chopped parsley (optional)

Rinse chicken pieces and pat dry; sprinkle lightly with salt and pepper.

In a 5 to 6-quart Dutch oven or large frying pan, heat the oil over medium heat. Add chicken and cook, turning pieces, until well browned; remove from pan. Measure pan drippings, returning 4 tablespoons to the pan. Add onion and garlic and sauté until limp. Add tomatoes including liquid (break up tomatoes with a spoon), savory, carrots, ½ cup water, and bouillon cube.

Return chicken to pan, cover, and simmer for about 30 minutes. Stir in the beans; simmer until carrots and chicken are tender, about 10 to 15 minutes, adding more water if needed. Adjust seasoning with salt and pepper, if needed. This much can be done ahead; then reheat mixture to simmering.

Serve in a rimmed platter and garnish with onion or parsley, if desired. Makes about 6 to 8 servings.

Beef and Bean Stew

- 2 tablespoons olive oil or salad oil
- About 2 pounds beef shank, sliced
- 2 large onions, cut in thin lengthwise slices
- 2 large cloves garlic, minced or pressed
- 1 large can (28 oz.) tomatoes
- 1½ teaspoons *each* salt, oregano leaves, and ground cumin
- ¼ teaspoon pepper
- About 1 cup water
- About 6 cups cooked or canned pink, pinto, or red beans, drained
- Thinly sliced green onion or chopped parsley, optional

In a 4 to 5-quart Dutch oven, heat the oil over medium heat. Add beef and cook, turning, until well browned; remove from pan. Put onion and garlic in pan and cook, stirring, until limp. Add the tomato including liquid (break up tomatoes with a spoon); salt, oregano, cumin, pepper, and 1 cup water. Return meat to pan, cover, and simmer until meat is very tender, about 2 hours.

Lift meat out of pan and cool. Skim fat if needed. Add beans to pan. Cut meat away from bone in bite-sized pieces, discarding bone and gristle. Return meat to stew. This much can be done ahead.

Bring to simmering and cook until heated through, about 20 minutes, adding more water if desired. Garnish each

serving with onion or parsley, if you wish. Makes about 8 servings.

Meatball and Garbanzo Stew

- Meatball mixture (directions follow)
- 1 tablespoon *each* butter or margarine and salad oil
- 2 large onions, cut in thin lengthwise slices
- 2 cloves garlic, minced or pressed
- About 2 cups water
- 4 beef bouillon cubes
- 1 cup catsup or chile sauce
- 1 teaspoon oregano leaves
- About 6 cups canned or cooked garbanzos, drained
- 4 medium-sized zucchini, cut in ¼-inch slices

Prepare meatball mixture and roll int 24 equal balls. In a 5-quart Dutch oven heat the butter and oil over mediun heat. Add meatballs; cook, turning, unti well browned. Remove from pan with slotted spoon. To the pan add onion an garlic; cook, stirring, until limp. Add cups water, bouillon cubes, catsup, oreg ano, and beans. Cover and simmer abou 15 minutes; return meat to pan. Thi much can be done ahead.

Bring to simmering, adding more wate if needed. Add zucchini and cook ju until zucchini is tender, about 10 mi utes. Makes about 8 servings.

Meatball mixture. Combine 1½ pounc lean ground beef (or ¾ lb. *each* groun beef and lamb), 1 teaspoon *each* salt an oregano leaves, and ¼ teaspoon peppe Mix thoroughly.

Lamb Shank Bean Soup

- [illegible] tablespoons olive oil or salad oil
- 2 lamb shanks (about 2 lbs.)
- 3 medium-sized onions, chopped
- 2 medium-sized carrots, sliced
- 2 to 3 stalks celery, sliced
- 2 large cloves garlic, minced or pressed
- 1 bay leaf
- 2 teaspoons salt
- ⅛ teaspoon pepper
- 1 teaspoon *each* thyme and marjoram leaves
- About 4 cups water
- 4 chicken bouillon cubes
- About 6 cups cooked or canned blackeyes, small white, or Great Northern beans, drained

In a 5 to 6-quart Dutch oven, heat over medium heat. Put in shanks ar cook, turning, until well browned; r move from pan. Put onions, carrot celery, and garlic into pan; cook, stirrin until limp. Return shanks to pan; ac bay, salt, pepper, thyme, marjorar 4 cups water, and bouillon cubes. Cov and simmer until shanks are complete tender, about 2 hours.

Remove meat from pan; cool. Skim fat necessary and discard bay leaf. Ac beans to the pan. Remove meat fro bone in bite-sized pieces and return pan. This much can be done ahead.

Bring soup to simmering and cook un heated through, about 20 minutes, ad ing a little more water if needed. Mak about 8 servings.

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DARROW M. WATT

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Place crisp strips *of bacon on peanut butter toast; top with sliced banana*

Filled with meat and fruit, sandwiches can offer an easily handled solution to breakfast boredom. Because they make a neatly packaged meal that's quick to assemble and easy to eat, breakfast sandwiches appeal to busy commuters, summer students, and cooks alike. At the same time, they're a satisfying and nutritious start to the day.

Here are six sandwich suggestions to spark your own creativity. You can vary the meats and fruits to suit individual tastes and to take advantage of any leftovers you have on hand—there's no limit to possible combinations.

Smoked Sausage and Apple Sandwich

Split 2 fully cooked smoked sausage links lengthwise. Place in a frying pan over medium heat and brown lightly on all sides, adding a little butter or margarine if necessary. Lift out sausage; discard any drippings.

Add about 1 tablespoon butter or margarine to the pan and about ½ small mellow apple, peeled and thinly sliced. Sprinkle lightly with sugar and ground cinnamon. Cook until apple is golde brown on all sides.

Split, toast, and butter 1 bagel. Arran sausages on half; top with apple and r maining bagel half. Makes 1 sandwich.

Bacon and Banana Sandwich

Fry 2 to 3 slices bacon until crisp; dra well. Also toast 2 slices whole wheat firm white bread. Spread 1 slice wi about 2 tablespoons chunk-style pean butter and arrange bacon over top. Pe 1 small banana and slice lengthwise; a range on bacon. Spread remaining toa with your favorite fruit jelly or butt or margarine and place with jelly si down on top of banana slices. Makes sandwich.

Chicken and Orange Sandwich

Toast 2 slices raisin or firm white brea Arrange sliced cooked chicken or turk on 1 piece of toast and cover with fre orange slices, canned mandarin orang (drained), or fresh peach slices. Spre generously with spiced apple or vanil flavored yogurt, seasoned to taste w ground ginger or chopped crystalliz ginger. Top with remaining toast. Mak 1 sandwich.

Ham and Pineapple Sandwich

Generously spread 2 slices rye bre with butter or margarine. Place 1 to ounces sliced baked or boiled ham the unbuttered side of 1 piece of bre Top with a fresh or canned pineap slice (well drained); sprinkle lightly w ground nutmeg and brown sugar, th top with 1 to 2 ounces sliced jack chee Cover with remaining bread slice, u buttered side down. Cook in a sandw grill until cheese is melted and bread toasted. Makes 1 sandwich.

Braunschweiger and Prune Sandwich

Toast 2 slices raisin or whole wh bread. Generously spread each slice w apple butter; cover 1 slice with about inch-thick slices of braunschweiger liverwurst, and arrange halved mo pack pitted prunes or dried apricots top. Then add butter lettuce leaves a remaining toast, apple butter side dov Makes 1 sandwich.

Tuna and Papaya Sandwich

Drain 1 can (6½ oz.) chunk-style tu In a bowl, combine tuna, ¼ cup may naise, 1 teaspoon curry powder, and 1 tablespoons Major Grey's chutn (finely chopped). Also halve, seed, a peel 1 small papaya; cut into ¼ to inch-thick slices.

Toast 8 slices whole wheat or rai bread. Evenly spread 4 of the slices w tuna mixture, then cover each with paya slices. Top with remaining toa Makes 4 sandwiches.

If you make just one sandwich, store maining tuna mixture, covered, in ref erator as long as 5 days.

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Rhubarb bread, rhubarb muffins

Slender red stalks of hothouse rhubarb are plentiful in produce markets now; home garden rhubarb will carry the abundance into summer.

In the following recipes, it's the diced fresh rhubarb that makes the quick bread and muffins extra moist with a hint of tartness.

Spices in the tea bread give it dark rich color; you can use part whole wheat flour for a heartier loaf. For the muffins, sprinkle the crunchy cinnamon and sugar topping over the batter before baking.

Rhubarb Tea Bread

In an electric mixer bowl, combine eggs, 1 cup salad oil, 2 cups firmly packed brown sugar, and 2 teaspoons vanilla; beat until thick and foamy. With a spoon stir in 2½ cups finely diced rhubarb and ½ cup chopped walnuts.

In a separate bowl, combine 3 cups all-purpose flour (or 1½ cups *each* all-purpose and whole wheat flour, unsifted), teaspoons *each* soda and ground cinnamon, 1 teaspoon salt, and ½ teaspoon *each* baking powder and ground nutmeg and allspice. Add to rhubarb mixture and stir gently just until blended.

Divide the batter equally between greased 5 by 9-inch loaf pans. Bake in a 350° oven for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes; turn out on a wire rack to cool thoroughly. Makes 2 loaves.—*D. K., Hermiston, Ore.*

Rhubarb Muffins

In a mixer bowl, combine 1¼ cups firmly packed brown sugar, ½ cup salad oil, 1 egg, 2 teaspoons vanilla, and 1 cup buttermilk; beat well. With a spoon stir in 1½ cups diced rhubarb and ½ cup chopped walnuts.

In a separate bowl, combine 2½ cups all-purpose flour (unsifted), 1 teaspoon *each* soda and baking powder, and 1 teaspoon salt; stir into rhubarb mixture just until blended. Spoon batter into about 20 greased medium-sized muffin cups, filling them ⅔ full.

For the topping, combine 1 tablespoon melted butter or margarine with ⅓ cup sugar and 1 teaspoon ground cinnamon. Scatter sugar mixture over filled cups and press lightly into batter.

Bake in a 400° oven for 20 to 25 minutes or until muffins are delicately browned and a wood pick inserted in the center comes out clean. Makes about 20 muffins.—*E. V., Tacoma.*

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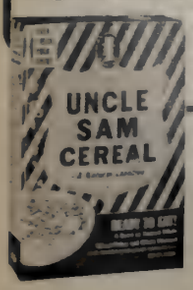

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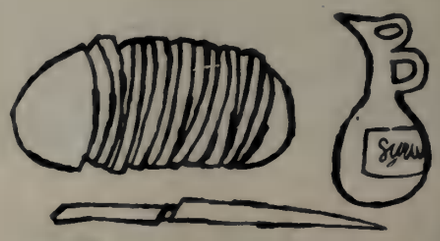

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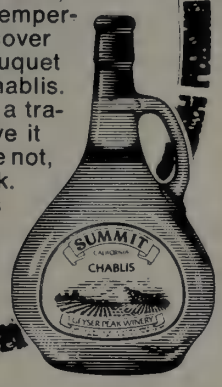

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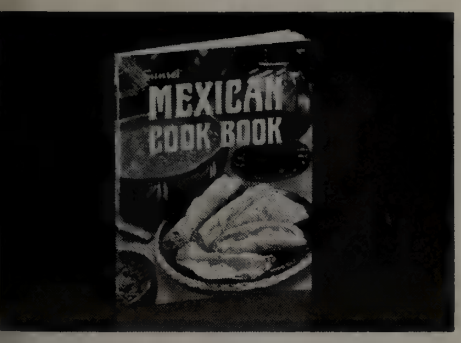

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NORCAL

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BECAUSE IT IS YOUR ASSURANCE THAT WE ARE COMMITTED TO YOUR FAMILY'S HEALTH

NORCAL

NUTRITIONAL FOOD STORES

DARROW M. WAT

Plump *sweet cherries and a ring of cream puffs crown this elegant dessert. To serve, cut in wedges —each topped with a puff and cluster of cherries. If you're planning ahead, bake an extra layer of cake and a double batch of cream puffs to freeze and serve another time*

Cream puffs and cherries on top

Adapted from the famous classic, Gâteau St. Honoré, this dessert handsomely shows off summer's fresh sweet cherries.

A layer of yellow cake, split, filled, and topped with Kirsch-flavored custard cream, makes up the base. Small filled cream puffs and whole cherries crown the top. Serve the cake with fresh cherry sauce to spoon over individual pieces.

You can make the parts for this dessert in advance, then assemble it up to a day before serving.

Cherry Gâteau St. Honoré

1 layer (8 or 9-inch) yellow cake
Custard cream (recipe follows)
Cream puffs (recipe follows)
Cherry sauce (recipe follows)
About 2 dozen whole sweet dark cherries with stems, washed and dried

Prepare cake from a mix or your favorite recipe; cool thoroughly. Make the custard and the cream puffs.

To assemble, cut the layer cake in half horizontally to make 2 thin layers. Fill each cream puff with about 1 tablespoon of the custard. Place 1 layer of the cake on a serving plate; spread slightly more than half of the remaining custard over it. Position remaining cake layer on top, then spread on remaining custard to within ½ inch of sides. Set filled cream puffs in a ring around the top (position wooden picks around the outside edge of cake to help keep puffs from sliding).

Chill until firm, at least 2 hours, then cover lightly and chill again until ready to serve, up to 24 hours. Just before serving, remove wooden picks and garnish top with whole cherries. Pass cherry sauce to spoon over individual servings. Makes 8 or 9 servings.

Custard cream. In a pan mix together ½ cup sugar, 2½ tablespoons cornstarch and ⅛ teaspoon salt. Lightly beat together 1⅔ cups milk and 3 egg yolks; gradually stir egg mixture into dry ingredients. Cook over medium-low heat, stirring constantly, until mixture comes to boil and thickens.

Remove from heat and stir in 1 teaspoon grated lemon peel and 2½ tablespoons Kirsch (or 2 tablespoons milk and 1 teaspoon almond flavoring). Cool slightly, then chill thoroughly. Whip ½ cup heavy cream until soft peaks form, fold into chilled custard. Cover and chill until ready to use.

Cream puffs. In a small pan combine ¼ cup water, 2 tablespoons butter or margarine, 2 teaspoons sugar, and a dash of salt. Heat mixture until butter melts. Meanwhile, measure ¼ cup unsifted all-purpose flour and set aside.

Bring butter mixture to a rapid boil. Add flour all at once and remove pan from heat. With a wooden spoon, beat mixture vigorously until it is a smooth paste that pulls away from pan sides. Beat in 1 egg until blended and paste is smooth and glossy. Let stand 15 minutes.

For each puff, spoon 1 tablespoon of the paste on a lightly greased baking sheet; space puffs about 1½ inches apart. Bake in a 375° oven for about 30 minutes or until firm and dry to touch. Cut a wide slit around the base of each puff. Cool thoroughly on rack. Makes 8 or 9.

Cherry sauce. Pit 3 cups sweet dark cherries. In a pan stir together 1 tablespoon cornstarch, ¼ cup sugar, ⅓ cup water, 2 teaspoons lemon juice, and cherries. Bring to a boil rapidly, stirring until mixture boils and thickens. Stir in 2 tablespoons Kirsch, if desired. Cool, cover, and chill.

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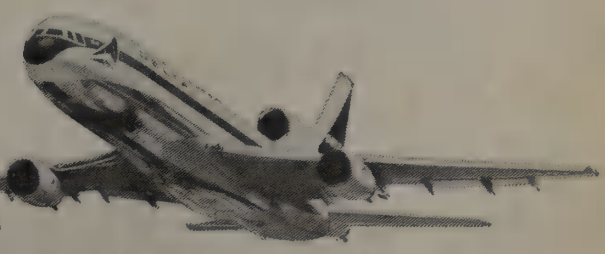

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DELTA IS READY WHEN YOU ARE.®

Marinated in dry wine, cooked in a casserole, it's David Barnes' crocked rabbit

Chefs of the West®

The Art of Cooking ... by men ... for men

Some animals, prolific and nervous, pro vide more than their share of nourish ment for others. Foremost among thes is the mouse. Unfortunately, human be ings don't find it delicious. (The onl mousivore recorded in our literature i author Farley Mowatt, who became on strictly for biological science.)

But the rabbit is another story—a hop ping parcel of nourishment that man human beings are as fond of chompin as are coyotes and ferrets.

Donald Barnes finds it regrettable that i this country where the steer and the rac of lamb roam, rabbit is less popular tha it should be. His remedy is a recipe fo crocked rabbit.

It is crocked in two senses: marinated i wine and contained in a crockery ca serole. Chef Barnes prefers red wine an red wine vinegar, but we are inclined t white on both counts because of the rab bit's delicate drumsticks. Change back you like, but use a dry wine either wa A fruity or sweet one will spoil th flavor.

Crocked Rabbit

- 2½ to 3-pound rabbit, cut into serving pieces
- 1 large onion, sliced
- 12 whole black peppers
- 2 whole cloves
- 1 bay leaf
- 1 clove garlic, minced or pressed
- 2 cups dry white wine or Vermouth
- ½ cup white wine vinegar
- Water
- All-purpose flour
- Salt and pepper
- About 4 tablespoons salad oil
- 1 tablespoon cornstarch
- ½ cup sour cream

Place rabbit pieces and giblets in a na row deep bowl or other container an add onion, pepper, clove, bay leaf, garli wine, and vinegar. Add water if nece sary to cover rabbit with liquid. Cov and refrigerate at least 2 hours or long as overnight.

Lift out rabbit and pour marinad through a wire strainer into a 3-qua pan. Place over high heat and bo rapidly, uncovered, until reduced about 1½ cups. Meanwhile dry rabb pieces and dredge in flour seasoned wi salt and pepper; shake off excess.

Heat 2 tablespoons of the oil in a fryir pan over medium-high heat; add rabb pieces, a few at a time, and brown we on all sides, adding more oil as neede Place browned pieces in a 2½ to 3-qua casserole. When marinade is reduce pour over rabbit. Cover and bake in 350° oven for 1 to 1½ hours or un meat is tender when pierced.

Remove rabbit to a warm serving pla ter and keep warm; pour cooking liqu into a small pan. Blend cornstarch in sour cream, then stir into liquid; coo stirring constantly, over medium he

One way or the other

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In the Baking Needs Section of your supermarket.

SS677G

until sauce is bubbly and slightly thickened. Pass at the table to spoon over rabbit. Makes about 4 servings.

Maud Barnes

Sierra Madre, Calif.

Once we thought of the ocean as a source of something for nothing: You dipped a hook into the waters and obliging fishes fought to impale themselves, giving their lives that we might eat.

Now things are different. The finer fishes live near the shore where we oil and sludge them. This is not good for their health. They become less numerous (look at the prices of salmon and sole). And so good old cheap fish now needs extending, just as meat does. Eric Novikoff shows us how to extend a fish fillet with a vegetable sauce. Serve over rice i wide soup plates or bowls.

"Once obliging fishes fought to impale themselves"

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Rock Fish Stew

- 2 tablespoons butter or margarine
- 3 medium-sized onions, diced
- ¼ pound mushrooms, sliced
- 4 small tomatoes, peeled, seeded, and diced
- 1 to 1½ pounds rock fish or turbot fillets (thawed if frozen), cut in 1-inch chunks
- 2 tablespoons chopped parsley
- ¼ teaspoon liquid hot pepper seasoning
- Salt, pepper, and dill weed
- Hot cooked rice

Melt butter in a large frying pan ove medium heat; add onion and mushroom and cook until onion is limp. Add toma toes, fish, parsley, and hot pepper sea soning; season to taste with salt, pepper and dill weed. Cover and simmer ove low heat just until fish flakes readil when probed, about 5 minutes. Serv over hot cooked rice. Serves 4 to 6.

Eric Novikoff

Berkeley

A good old thing is almost never dam aged by a bit of fiddling. In this case the good old thing is a pot roast, an Abraham Gruber chooses to lard it wit salt pork and olives before cooking. Ver interesting.

Puerto Rican Pot Roast

- ¼ pound salt pork, rinsed and dried
- About 4 pounds boneless beef chuck roast
- ½ cup pimiento-stuffed green olives
- 1 large onion, coarsely chopped
- 2 large green peppers, seeded and coarsely chopped
- 1 can (4 oz.) mushrooms, drained
- 1 can (10¾ oz.) condensed tomato soup
- ½ cup water
- Pepper
- 1½ tablespoons cornstarch blended with 1½ tablespoons water

Cut the salt pork into pencil-thick strip 1 to 2 inches long. Sauté in a frying pa

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ere's no better time than right w for your first summer bar-ue. First the Norbest turkey h the Tender-Timer that "pops button" when the turkey is ne to perfection. Norbest has eady done the basting with bs and seasonings added deep ide the breast.

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Spaghetti ahoy! Oh, buoy!

Our Marinara Sauce was created by Italian mariners. Perfect with Golden Grain's finest quality spaghetti, made with high protein Durum wheat—naturally golden fresh. Serve the recipe below with a green salad and stand back—you could get run down in the rush to the galley.

Mama DeDomenico's Crab Cioppino Spaghetti

- 1½ cups chopped onion
- 1 cup chopped green pepper
- 2 cloves garlic, minced
- 2 Tbsp. olive oil
- 2 cans (15 oz. each) GOLDEN GRAIN Marinara Sauce
- ¼ cup Burgundy wine
- ½ tsp. salt
- ¼ tsp. pepper
- 1 lb. cooked crabmeat
- 1 lb. GOLDEN GRAIN Spaghetti

Saute onion, green pepper, garlic in oil. Add Marinara Sauce, wine, salt, pepper; simmer 10 minutes. Add crab and heat through. Prepare Spaghetti according to package directions. Serve sauce over Spaghetti. Makes 6 (2 cup) servings.

Get Mama DeDomenico's recipes free. Send self-addressed, stamped business size envelope to: Golden Grain, P.O. Box 24024, Oakland, CA 94623.

over medium-high heat to render some o the fat. With a slotted spoon, lift ou pork and drain. Using a pointed parin knife, poke holes into the roast and in sert the fat strips and olives, cut i pieces. Place roast in a 5-quart kettle.

To the drippings in the frying pan, ad the onion, green pepper, and mush rooms; sauté until onion is translucent Drain off the fat and add the tomat soup and water. Season to taste wit pepper. Pour the mixture over the roast Cover and simmer over low heat for 2½ hours or until meat is tender when pierced with a fork.

Remove roast to a serving platter. Skim and discard fat from cooking liquid. Sti in cornstarch mixture and cook, stirring until thickened. Pass tomato gravy sep arately to spoon over the meat slices Makes about 8 servings.

Paradise Valley, Ariz.

Summer is often a poor time for ex tended culinary efforts. It's too darn ho (Who still remembers Fred Astaire danc ing to the song of that title among acre of fruit-covered girls?)

Len Schlageter has the answer. He whip up a pantry paella from the contents o a number of cans, pops it into the over and goes out into the shade to paint o converse with his wife, Anna. So suc cessful is the recipe's relaxed waitin period that one of his canvases recentl placed second at a local art show.

Len's Pantry Paella

- 1 package (8 oz.) chicken-flavor rice with vermicelli mix
- 2 cans (4½ oz. each) shrimp, rinsed and drained
- 3 cans (5 oz. each) boned chicken
- 1 can (10¾ oz.) condensed cream of celery soup
- 3 cans (4 oz. each) whole mushrooms, drained
- 1 can (3½ oz.) pitted ripe olives, drained
- ¾ cup thinly sliced green onion
- 1 teaspoon *each* oregano leaves, ground coriander, and paprika
- ¼ teaspoon pepper
- 2 tablespoons dry Sherry or water
- 1 cup shredded jack cheese
- Chopped parsley

Prepare rice mix according to packag directions. Stir in the shrimp, chicke soup, mushrooms, olives, onion, or gano, coriander, paprika, pepper, an Sherry. Spoon into a greased 2½ to quart casserole; sprinkle cheese even over top. Bake uncovered in a 35 oven for 30 minutes or until hot throug Garnish with parsley. Makes about servings.

Vacaville, Calif.

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The great taste will put any doubts to rest. And wake up any salad.

DARROW M. WAT

Resembling tulips, *sliced fresh figs have creamy ricotta cheese filling*

Cheese and figs into tulips

It's time to enjoy fresh figs again. An this novel idea takes advantage of bot their flavor and shape to make an attrac tive light dessert that can be served afte any meal.

You can slice the figs and prepare th lemon-flavored ricotta cheese filling we ahead of serving time.

Fresh Fig and Ricotta Tulips

- 12 medium-large ripe figs
- 1 cup ricotta cheese
- ½ teaspoon grated lemon peel
- ⅛ teaspoon salt
- ¾ teaspoon vanilla
- ¼ cup sugar
- 1 egg white
- 12 unblanched whole almonds

Rinse figs and pat dry. Trim off stem then cut each fig open into a tulip shap slicing into quarters from stem end t about ½ inch from other end. Cover an chill until serving time.

In a blender container, combine ricott lemon peel, salt, vanilla, and 2 tabl spoons of the sugar and whirl unt smoothly blended.

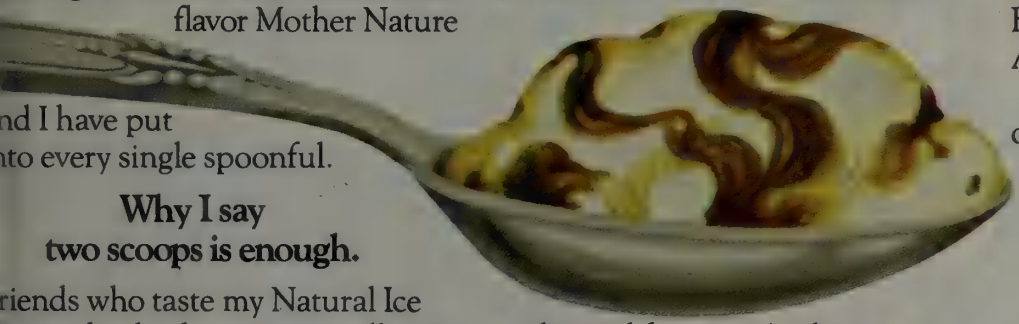
In a bowl, beat the egg white until ver foamy; then gradually add remainin sugar, beating until stiff peaks forn Gently fold into ricotta mixture; cove and chill up to 4 hours.

To serve, arrange 2 or 3 sliced figs u right on each dessert plate. Gently ope each fig and spoon about 2 tablespoo of the cheese mixture into its center; to with an almond. Serves 4 to 6.

"How to eat my Natural™ Ice Cream"

/hen folks sit down to enjoy my Natural Ice Cream, the first thing I always tell them is to take their time. don't rush making it. And no one hould rush eating it.

If you do, chances are you'll iss a good deal of the rich, delicate flavor Mother Nature nd I have put nto every single spoonful.



Why I say two scoops is enough.

riends who taste my Natural Ice Cream for the first time usually say ney are surprised. They expect that oarse "sugary" flavor associated vith commercial ice cream. Instead, ney are treated to a smooth, atural sweetness that comes from ure orange blossom honey. This reamy-richness builds, and goes a ng way. So every mouthful is a elight, to be savored slowly. Quality ather than quantity is my philoso-hy. And I shall never compromise.

I'm proud of what goes into every quart.

here's nothing artificial in my ice cream. I use only the finest natural ingredients. Like fresh milk, fresh whole cream, real vanilla and fresh egg yolks.

Even the sugar I use is as unprocessed as it can be.

In fact, I put all the ingredients right on the lid of each carton. So everyone can see how wholesome and natural my ice cream really is. I know of no other ice cream maker who does this.

I don't make just one flavor.

Variety, they say, is what makes life interesting. So, I have made my ice cream in seven very interesting flavors. Vanilla, of course, is the traditional favorite. And mine is made with honest-to-goodness vanilla beans. Not vanillin.

The carob bean, Nature's chocolate, makes my Carob Ice Cream a rich and healthful treat for chocolate lovers of any age. If you like the nutty goodness of sesame seeds baked in honey, I suggest you try my Sesame Seed Crunch.

Or maybe you'd enjoy my Banana Walnut, chock-full of plump walnuts and real bananas. My Swirled Raspberry is rich with the flavor of juicy red raspberries. And I also make a delicious Swirled Carob and a delightfully crunchy Vanilla Pecan.

Tell me how you like it.

I prefer to eat my Natural Ice Cream all by itself. Or sometimes covered with the best topping in the world for it — fresh fruit. But I'm sure there are many people who have their very own ways to enjoy my ice cream. And I'd like very much to hear about them. Please write to me: Gilbert H. Brockmeyer, P.O. Box 2223, Terminal Annex, Los Angeles, California, 90051.

Although patience is indeed one of my virtues, I'll still be waiting quite anxiously to hear from you.

Gilbert H. Brockmeyer
The Natural™ Ice Cream Man

S&W's first annual old

1. An **old-fashioned wall clock**, with an 8-day wind and soft, resonant chimes. Handcrafted case in native pine, with a warm, antique finish. Hand-painted dial. The clock is 25 inches high, with a full-length glass door.

2. Give a sparkling warmth to your kitchen, with an array of **hand-hammered copper**. The set includes two skillets, three saucepans with lids, and a huge copper bowl for whipping egg whites. All in heavy French copper.

3. A 16-piece set of **ovenproof serving dishes**. They're gleaming, porcelain-white, decorated with colorful game birds. Set includes a 2-quart souffle dish; 10-inch quiche dish; four 5-inch quiche dishes; two *pots de creme* with saucers and lids; a 2-quart and a 1-quart covered casserole.

4. A **heavy-topped kitchen table**. It's a wonderful work table and a hearty kitchen dining table. 30 inches high, the top is 36 x 50 inches. And it's a full 2 inches thick! Solid, hard-rock maple, in the old-time, butcher-block style.

5. A set of **six ladder-back chairs**. It's just possible that chairs like these were your grandmother's pride and joy. The chairs are 42½ inches high, and they have graceful, old-fashioned spindled detail. Your choice of maple, walnut or pine finish. The seats are hand-woven fiber rush.

6. A hefty **butcher block table** 36 inches high, 24 inches square. The top is a foot thick and the whole thing weighs a hunky 93 pounds.

angled recipe contest.

Your best recipe could win you a glorious reasure from our warm, old-timey kitchen and an nonored place in the S&W Old-Fangled Recipe Book. ust send us a favorite ecipe that's been passed lown in your family, or one you've worked out yourself, featuring any of S&W's fancy-quality foods.

Choose what you'd like to win.

Each of the best 25 recipes vill win one of the wonderful prizes t the left. So go picture-shopping in ur kitchen and pick out the item you'd nost like to have in *your* kitchen. Then imply mark its number on your entry.

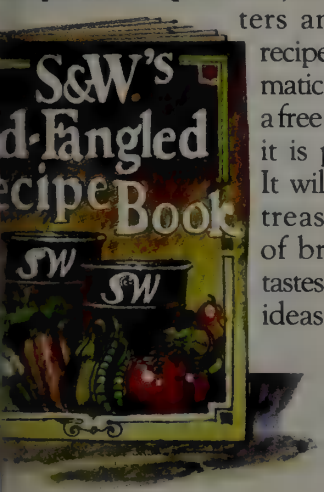
Enter anything from soup to dessert.

S&W puts its labels on more han 300 varieties of fruits, vegetables, nd specialty items. So your recipe ould be for any part of the menu—for ny meal of the day. Just be sure that ne of our fine S&W products has a eading role.

All recipes will be judged by ur food experts in the S&W kitchens.

This is a contest where everyone wins!

The 100 best recipes will be ublished, along with the names of heir authors, in S&W's Old-Fangled Recipe Book. And everyone who enters an original recipe will automatically receive a free copy when it is published. It will be a real treasure-trove of bright, new tastes and menu ideas.



75 runners-up will win old-fashioned market baskets, full of S&W Fine Foods.

If your recipe is one of the 75 runners-up, you'll receive a basketful of fancy foods from S&W. The basket is rustic-textured willow, sturdy enough to hold the kindling on your hearth, big enough to use as a double planter, light enough to use as a picnic basket.

A taste of the good old days.

Since 1896, we've been going to unusual lengths to select only the finest foods the earth provides for the S&W label. We know that the people who buy S&W foods are the kind who can taste the old-fashioned, fancy quality. So the recipes we get from S&W cooks should really be something exceptional.

To win, you have to enter!

My recipe, entitled _____, is attached to this entry blank.

If my recipe is selected one of the best 25, I'd like to win the _____ No. _____.

I enclose one label from any S&W product.

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Mail to S&W Fine Foods, Inc., P.O. Box 3869, San Francisco, CA 94105.

S&W Old-Fangled Recipe Contest Rules.

1. Your recipe entry must be accompanied by any S&W label and must be post-marked before August 15, 1977.
2. Each person may enter only one recipe.
3. Originality is mandatory. The recipe must not have been previously published.
4. Your recipe should be printed or typed on a single sheet of paper, with your name and address at the top right hand corner.
5. Employees of S&W, their advertising agency, affiliate companies, and their families are not eligible to enter this contest.
6. All recipes become the property of S&W Fine Foods, Inc. List of winners will be kept at the S&W offices.
7. Recipes will be judged by the staff of S&W Fine Foods, Inc., and all decisions will be final.
8. The 100 winners will be notified within 90 days of the contest closing.
9. S&W's Old-Fangled Recipe Book will be published and mailed out to all entrants early in 1978.
10. All prizes will be given away, and no substitutes will be offered.
11. Federal, state and local taxes on prizes received will be the responsibility of the recipient. This contest is void where prohibited by law.

Final date for entries is August 15, 1977.

You don't have to be big to be great.

C & W's Petite Peas. Small in size but big, very big in quality! C & W chooses only the choicest peas from each crop! Deep green and subtly sweet, C & W's Petite Peas look and taste like fresh from the pod!

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Golden Gate Petite Pea Salad
2 packages (10 oz. each) frozen petite peas, thawed and chilled
1 bunch green onions, finely chopped
1/4 pound mushrooms, thinly sliced
Butter lettuce or other greens
Blue Cheese Dressing
1-1/2 cups cherry tomatoes, halved
Place in mixing bowl peas, onions, and mushrooms. Pour over dressing and mix. Line salad bowl with greens. Spoon in salad. Ring with tomatoes. Serves 6.

C&W

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Pork and shrimp omelet...Vietnamese

Cooks around the world have their own versions of the omelet. Here is an adaptation of one we sampled in a Vietnamese restaurant. Filled with a savory pork and shrimp mixture, it makes a delicious dinner entrée—just add hot cooked rice and a broth-based soup to round out the menu. Or serve it with toast for a light lunch or brunch.

Vietnamese Omelet

Soak 4 medium-sized Oriental dried mushrooms in hot water until soft and pliable, about 20 minutes. Rinse and drain. Cut in ¼-inch-wide strips. (Omit mushrooms, if not available.)

Thinly slice ¼ pound boneless pork (or chop into thin strips about ½ by 3 inches). Shell ¼ pound medium-sized shrimp; cut in half lengthwise along the back, and devein. Chop 1 small onion and mince or press 2 cloves garlic. Stir together 1 teaspoon *each* cornstarch and soy sauce, ⅛ teaspoon *each* salt and pepper, and ⅓ cup water. Also stir together 1 tablespoon *each* soy sauce and white wine vinegar and set on the table.

To cook the filling, pour 2 tablespoons salad oil in a wok or wide frying pan place over high heat. When oil is hot add pork and cook, stirring, until meat is lightly browned, about 2 minutes. Add shrimp, onion, and garlic; cook, stirring until shrimp is firm and pink, about 2 minutes. Add mushrooms (if used) and cornstarch mixture; cook, stirring, until sauce thickens, about 1 minute longer. Keep warm.

To cook the omelet, lightly beat together 4 eggs, 4 teaspoons water, ¼ teaspoon *each* salt and pepper, and 2 tablespoons thinly sliced green onion. Place a 7½ to 8½-inch omelet pan or heavy pan with sloping sides over medium-high heat. To the hot pan add 1 tablespoon butter or margarine. Heat until foam begins to subside. Pour in half of the egg mixture. As soon as edges of egg start to turn opaque, slide a spatula under them, lifting so liquid portion runs underneath. Gently shake pan to keep omelet free, lifting omelet edges until there is no more liquid but the top still looks moist and creamy. Remove from heat.

Spoon about half of the filling over one side of the omelet, fold other side over filling, and slide onto serving dish. Repeat procedure, using remaining egg mixture and filling.

Pass the soy-vinegar mixture at the table. Makes 2 servings.

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GLENN CHRISTIANSE

Large kohlrabi bulbs *make neat containers for meat stuffing. Peel, then scrape out centers with a spoon*

Veal and pork stuffing *turns this member of the cabbage family into an unusual main-dish entrée*

Kohlrabi gives you options

The curious-looking vegetable shown above is kohlrabi. It's a member of the cabbage family but has a delicate, turniplike flavor (in German, *kohl* means cabbage and *rabi* means turnip).

Kohlrabi looks like a root vegetable, but the bulb-shaped section is actually the swollen stem—the base of the plant's leaf stalks—that forms above ground. The true root extends from the bottom of the swollen part down into the soil. Leaves and stems—including their "bulb"—are all good to eat. The crisp white flesh can be eaten raw or cooked. 1 pound, raw and without leaves, contains only 96 calories. Available almost year-round, kohlrabi is usually sold in bunches of three or four bulbs.

Here are three suggestions for serving it—stuffed with meat, in a creamy soup and as a quick vegetable side dish.

Meat-stuffed Kohlrabi

Cut leaves and stems from 6 to 8 large kohlrabi, each 2½ to 3 inches in diameter. Chop enough tender inner leaves to make 1 cup. Peel bulbs until tough

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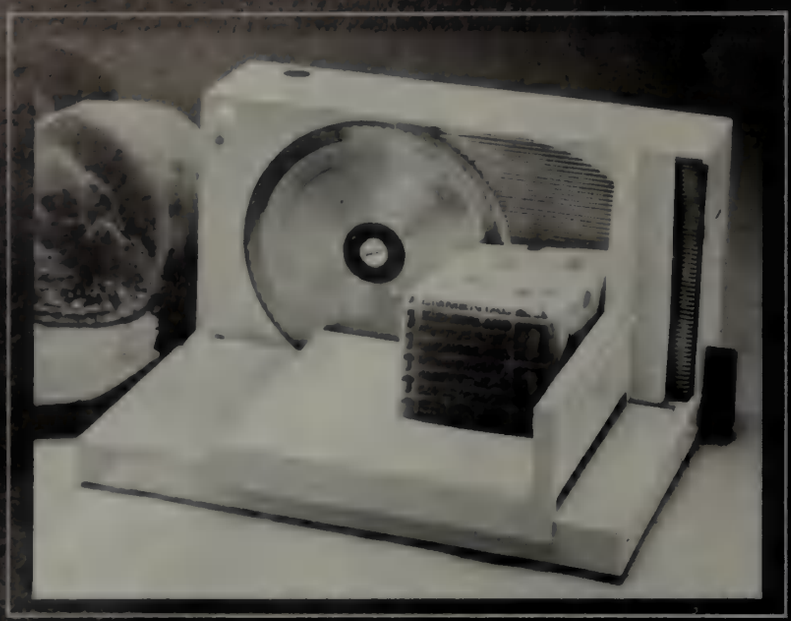

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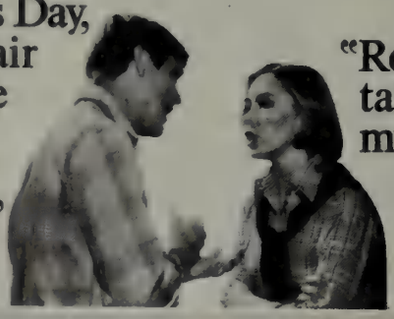

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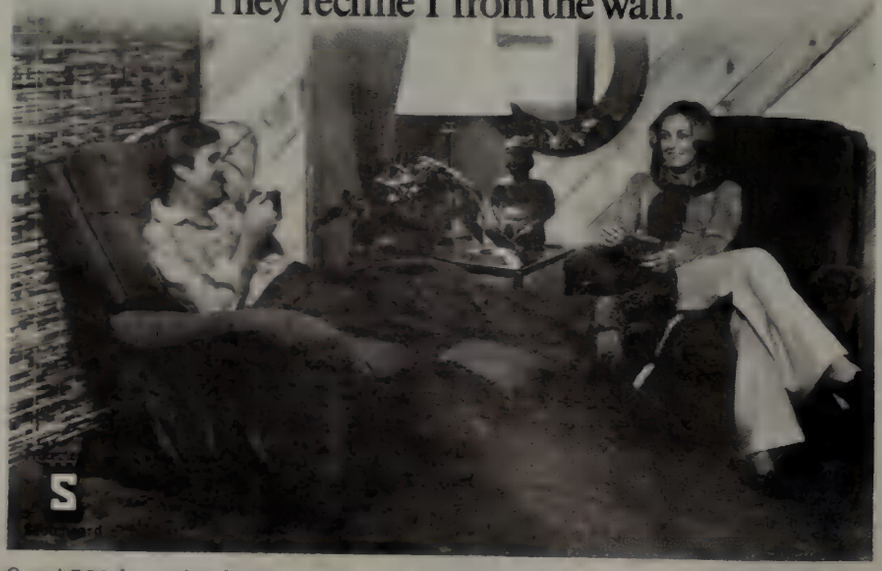

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outer skin is removed. With a spoon scrape out the center of each, leaving a ¼-inch-thick shell. Chop pulp; combine with leaves and set aside.

Sauté 1 small onion, chopped, and 2 cloves garlic, minced or pressed, in 1 tablespoon salad oil until onion is limp. Combine with ½ pound *each* ground veal and pork, 3 tablespoons fine dry bread crumbs, 1 egg, ¾ teaspoon salt, dash pepper, and ⅛ teaspoon ground mace. Fill kohlrabi shells with meat mixture and set in a wide frying pan. Scatter chopped leaves and pulp in the pan. Dissolve 2 chicken bouillon cubes in 1½ cups water and add to pan. Cover and simmer until kohlrabi is tender when pierced, about 50 minutes.

Lift kohlrabi from pan; keep warm. Strain pan liquid, discarding leaves and pulp. Add enough milk to pan liquid to make 1¼ cups total and set aside. Melt 2 tablespoons butter or margarine in the pan; stir in 2 tablespoons flour. Cook, stirring, until bubbly; gradually add reserved liquid. Cook, stirring, until sauce boils and thickens. Pour over stuffed kohlrabi. Serves 4.

Kohlrabi Chicken Soup

Cut leaves and stems from 6 to 8 small to medium-sized kohlrabi. Cut enough of the tender inner leaves into short shreds to make 3 cups; set aside. Peel bulbs until tough outer skin is removed; cut into ½-inch cubes.

Melt 3 tablespoons butter or margarine in a 4-quart kettle. Add 1 large onion, chopped, and the kohlrabi; sauté until onion is limp. Add 6 cups regular-strength chicken broth (or dissolve 7 chicken bouillon cubes in 6 cups water) and ⅛ teaspoon ground nutmeg. Cover and simmer until kohlrabi is very tender to bite, about 25 to 35 minutes.

Whirl half the kohlrabi and some of the broth in a blender until smooth. Return to soup and add 2 cups cubed cooked chicken (optional), and kohlrabi leaves; bring to simmering. Season with salt and pepper. Serves 4 to 6.

Butter-steamed Kohlrabi and Mushrooms

Peel off tough outer skin and thinly slice 4 medium-sized kohlrabi (cut large slices in half); you should have 3 cups. Also slice ½ pound mushrooms.

In a heavy frying pan, melt 3 tablespoons butter or margarine over high heat. Add kohlrabi, 7 tablespoons water, and ½ teaspoon dry basil or oregano leaves. Cover and cook quickly, removing cover and stirring frequently for 5 minutes. Add mushrooms, cover, and cook, stirring often, another 4 minutes or until vegetables are tender.

Turn into a serving dish and sprinkle with grated Parmesan cheese and salt and pepper. Makes 4 to 6 servings. □

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Shellfish moist and tender from a microwave

Seafood cooks in minutes and almost like magic in a microwave oven. As you watch, steaming clams pop open and plump shrimp turn a bright pink. Though less dramatic, crab is also a good candidate for electronic cooking. All shellfish emerge moist and tender, their delicate flavor intact.

But speed and succulence are not the only advantages to cooking seafood in the microwave oven: Each of these four recipes is cooked and served in one dish so cleanup is a snap.

Steamed Curried Clams

Melt 6 tablespoons butter or margarine in a 7 by 11-inch baking dish in the microwave oven; add 1 large onion, chopped, and 2 cloves garlic, minced or pressed. Cook, uncovered, for 4 minutes; stir once or twice. Blend in 2 teaspoons curry powder and ¼ teaspoon ground ginger. Turn 24 well-scrubbed clams in their shells in the seasoned butter and arrange in an even layer.

Cover and cook 8 to 10 minutes or until clams pop open, turning the dish several times. Lightly sprinkle open clams with shredded coconut, chopped fresh coriander (cilantro), and crushed red pepper or pass small bowls of each to season individual servings. Serve in wide soup plates with hot crusty bread to dunk in the juices. Serves 2.

Latin Clams

Melt 2 tablespoons butter or margarine in a 7 by 11-inch baking dish in the microwave oven; add 1 medium-sized onion, chopped, and 2 cloves garlic minced or pressed. Cook, uncovered, 4 minutes, stirring several times. Stir in 1½ cups seasoned clam and tomato flavored cocktail, ½ teaspoon *each* oregano leaves and liquid hot pepper seasoning, and ¼ teaspoon ground cumin. Cook, uncovered, 3 minutes.

Arrange 24 well-scrubbed clams in their shells in sauce, cover, and cook 8 to 10 minutes or until clam shells pop open. Garnish with parsley. Serve in wide soup plates with hot bread to dip into the sauce. Serves 4 to 6 as a first course, 2 as a main dish.—*H. K., Richmond, Calif.*

Sweet and Sour Shrimp

Pour 2 tablespoons salad oil into a 7 by 11-inch baking dish; add 1 pound medium-sized shrimp (about 32 count) shelled and deveined. Cook, covered, in the microwave oven for 2 minutes. Add ¼ pound mushrooms, sliced; 1 medium sized onion cut in 1-inch squares; and package (10 oz.) frozen peas and carrots thawed; cover and cook 2 minutes.

Meanwhile, blend 2 tablespoons corn starch with ½ cup packed brown sugar and stir in ½ teaspoon *each* garlic powder and ground ginger, 1 tablespoon *each* soy sauce and dry Sherry, ⅓ cup wine vinegar, and ¼ cup regular-strength chicken broth. Stir into shrimp mixture with 1 cup canned pineapple chunks drained. Cook, uncovered, 10 to 12 minutes or until thickened; stir several times. Serve with hot cooked rice, if desired. Serves 4.—*C. C., Lakewood, Calif.*

Continental Crab

Melt 2 tablespoons butter or margarine in a 1½-quart shallow baking dish in the microwave oven. Stir in ¼ pound mushrooms, sliced, and ¼ cup seeded and chopped green pepper; cook, uncovered, 4 minutes.

Stir in 1½ tablespoons all-purpose flour and cook, uncovered, 30 seconds. Add ½ cup half-and-half (light cream) and ¼ cup dry white wine; stir well. Cook uncovered, 3 minutes or until thickened; stir several times. Blend in 1 tablespoon lemon juice, ¼ teaspoon dill weed, ½ cup grated Parmesan cheese, and ½ pound crab meat. Cook, uncovered, 2 to 3 minutes or until hot through.

Garnish with thinly sliced green onion and serve over hot cooked rice. Makes 2 or 3 servings.

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5 cups water
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1 can (12 oz.) lemon soda, ginger ale, or club soda, chilled

In large pitcher, combine Lipton Instant Tea powder, water, lemonade, and raspberries; chill. Just before serving, add lemon soda; serve with ice. Makes about 2 quarts.

Lipton Berry Splash

3 tablespoons Lipton® Instant Tea powder
1/2 cup sugar
4 cups water
2 cups cranberry juice cocktail
1/2 cup orange juice
1/3 cup lemon juice
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg

In large pitcher, combine Lipton Instant Tea powder, sugar, water, cranberry, orange, and lemon juices, cinnamon, and nutmeg; chill. Garnish, if desired, with orange slices; serve with ice. Makes about 2 quarts.

REE recipe booklet. Send your name and address to:
ipton® Sport-Tea Recipes, P.O. Box 8006, Clinton, Iowa 52732. (Allow 6 to 8 weeks for delivery. Offer expires May 31, 1978.)

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GLENN CHRISTIANS

Cooling sangría punch *is a quick mixture of white wine and citrus juices*

Ice ring keeps these punches cold

You can mix these refreshing punche by the bowlful and keep them cold wit a floating ring of ice.

To make the ice ring, boil about 2 quar of water (to clarify it) and let it cool. I the bottom of a ring mold no larger tha your punch bowl, overlap thin slices c lemon, orange, or lime, or a combina tion. Pour about ¼ inch of the coole water over the fruit and freeze unt solid. Fill with remaining water an freeze. Unmold and float the ice, frui side-up, in the punch.

White Wine Sangría. In a large punc bowl stir together ½ gallon cold dr white wine such as Chablis or Cheni Blanc, 3 cans (6 oz. *each*) thawed con centrate for lemon-limeade, 1 can (6 oz thawed orange juice concentrate, and cups cold water. Shortly before servin add ice ring or cubes. Makes about 2 ½-cup servings.

Pink Pomegranate Punch. In a larg punch bowl stir together 2 quarts col pomegranate-flavored juice drink and cans (6 oz. *each*) thawed concentrate fo lemon-limeade. Just before serving sti in 1 quart cold ginger ale; add a ice ring or ice cubes. Makes about 2 ½-cup servings.

Sparkling Berry Punch. In a large punc bowl stir together 1 bottle (24 oz.) col white grape juice, 1 quart cold black berry-flavored juice drink, and 1 can (oz.) thawed concentrate for lemonade Just before serving stir in 1 bottle (4/ quart) sparkling apple cider or pin champagne; add an ice ring or ice cubes Makes about 18 ½-cup servings.

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Hormel

DARROW M. WATT

Sesame seeds *star in both confections here; larger bars, at upper right, also have dried fruit and coconut*

You could call these easy confections "health candies"

Seeds, nuts, and dried fruit are held together with a light coating of honey and brown sugar in these two nutritious and easy-to-make confections.

You can buy sesame seed quite inexpensively in bulk packages from markets that carry natural foods. The nuts for either recipe can be unsalted peanuts, walnuts, cashews, or almonds. Use dried fruit such as dates, raisins, apples, or apricots in the fruited seed bars.

To toast the seeds and nuts (if not already roasted), spread in a thin layer on a rimmed baking sheet. Place in a 350° oven for about 15 minutes or until light golden, shaking the pan occasionally.

Honeyed Sesame Candy

Combine 2 cups sesame seed and ½ cup chopped nuts; toast seeds and nuts as directed above if unroasted nuts are used. Set aside.

In a 10 to 12-inch frying pan, combine ½ cup *each* honey and firmly packed brown sugar; ¼ teaspoon salt; and ¾ teaspoon ground ginger, cardamom, or cinnamon (optional). Bring mixture to a boil over medium heat, stirring constantly; cook for 2 minutes. Remove pan from heat and immediately stir in seeds and nuts; mix thoroughly. Turn into a buttered 9 by 13-inch baking dish. With a large buttered spoon, press candy firmly and evenly over bottom.

Cool at room temperature about 15 minutes, then lift out of pan with a wide spatula. Use a large knife to cut candy into 1 by 2-inch rectangles. When pieces are very firm (after about 2 hours), wrap either individually or several together in a single layer in clear plastic film. Store at room temperature. Makes 48 bars.

Fruited Seed Bars

Combine 1 cup sesame seed, ½ cup *each* chopped nuts and sunflower seeds or pumpkin seeds; with unroasted nuts, toast as directed at left. Set aside.

In a 10 to 12-inch frying pan, combine ½ cup *each* firmly packed brown sugar and honey, ¼ teaspoon salt, and ½ cup chopped dried fruit. Bring mixture to a boil over medium heat, stirring constantly; cook for 2 minutes. Remove pan from heat and immediately stir in seeds and nuts and ½ cup unsweetened shredded coconut; mix thoroughly. Turn into a well-buttered 9 by 13-inch shallow baking dish. With a large, buttered spoon, press the candy firmly and evenly over pan bottom.

Cool at room temperature for 30 minutes, then lift out with a wide spatula. Use a large knife to cut candy into 1½ by 3-inch rectangles. When it's no longer sticky (after about 3 hours), wrap pieces individually or several pieces together in a single layer in clear plastic film. Store at room temperature. Makes 22 bars. □

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2 cups cherry tomatoes, halved
½ cup green onion slices
½ cup chopped green pepper
Lettuce
6 California Avocado halves, peeled
KRAFT Real Mayonnaise

Combine bacon, tomatoes, onion and green pepper; toss lightly. Arrange avocado halves on lettuce-covered platter; spoon salad mixture into each half. Serve with mayonnaise. 6 servings

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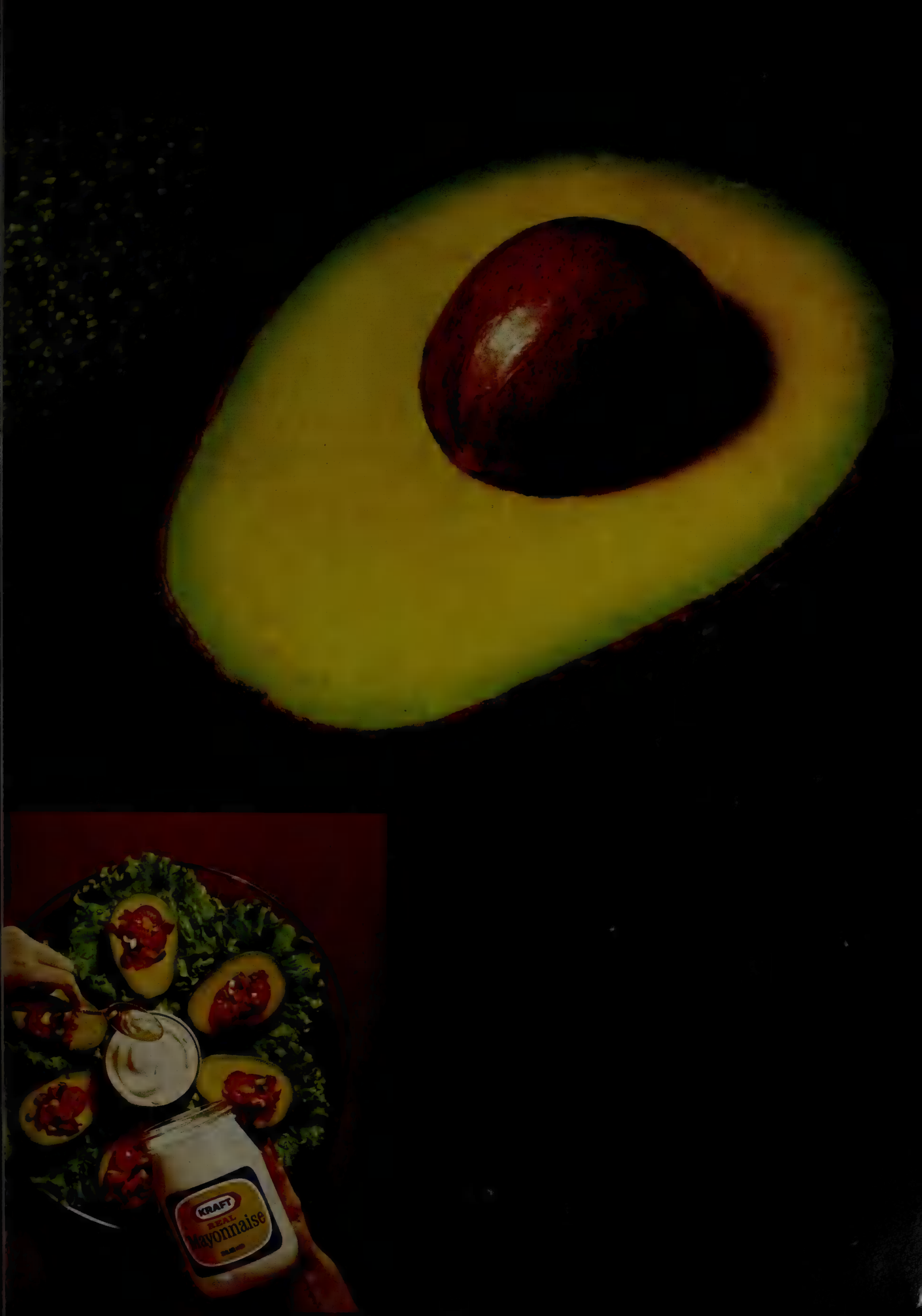
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JUNE IN YOUR GARDEN:

The longest days, much busyness, some goofing off

The longest days of the year give you lots of time for after-work gardening this month, and that works out nicely since June is also packed with garden-care jobs. But it isn't all work. Cool evenings after occasional hot days are great times for plucking a marigold here, a radish here, and generally enjoying the fruits of your spring labors.

Whenever you go into your garden, it will save you time in the long run to carry a weeder and light pruning shears around with you. Pulling weeds now, before they mature, is easy and rids your garden of living water wasters. And pruning as you go keeps plants compact and manageable.

In California and western Nevada, the focus will be on harvesting vegetables and flowers planted in early spring, and —water permitting—setting out more bedding plants for late summer or fall harvest. In Colorado and Utah, all the summer crops not planted in May should go in now.

A wall of color . . . east of the Sierra

The plants in the color photograph at left are almost all strictly Californians, but from the Sierra through Colorado you can get a similar effect with different plants. Listed at right are some choices. Most are commonly available at nurseries. A few may be hard to find; check growers that specialize in rock plants.

Aethionema coridifolium—Lebanon stonecress and *A.* 'Warley Rose'

Alyssum saxatile—basket-of-gold (the only one of those shown that will grow in cold-winter regions)

Cerastium tomentosum—snow-in-summer

Dianthus—pink (*D. gratianopolitanus*, Cheddar pink, is an especially good choice)

Euonymus fortunei—'Minima' and *E.f.* 'Vegeta'

Euphorbia myrsinites

Gypsophila paniculata—baby's breath

Helianthemum nummularium—sunrose

Iberis sempervirens—evergreen candytuft

Phlox divaricata—sweet William

Potentilla nepalensis 'Willmottiae'

Thymus serpyllum and *T. vulgaris*

If you plant them now, water them in. Water a bit over the summer if it is especially dry, but after that, nature should do it for you.

Drought diets for deer

As wildland plants dry out, deer spend more time looking for food in suburban gardens. This year the problem is more widespread because of drought, so if your roses, petunias, fruit trees, and strawberries start disappearing, look for night-diners much bigger than snails.

Sunset's GARDEN GUIDE

Deer will eat the foliage or fruit of nearly anything you grow for your own table, except artichokes and figs. They also eat a wide array of flowering plants. The best defenses are a 7-foot fence or a jealously territorial dog.

Some vegetables that deer don't relish (but will eat in a pinch) are corn, squash, and tomatoes. Some flowering plants that deer don't like are euryops, daylilies, marguerites, oleanders, peonies, and zinnias. This year we've already gotten reports of deer eating plants they normally ignore: Gloriosa daisies, rhododendrons, and flowers of rockrose.

For curly top virus it's a very good year

The unseasonable rainfall we had last August and September encouraged early germination of winter annuals, which in turn resulted in a population explosion of beet leafhoppers, the only known carrier of curly top virus.

Though this disease may be unfamiliar to you, it's well known among commercial growers for the damage it causes to beets, cucumbers, melons, peppers, squash, and tomatoes. In your garden it may also infect chrysanthemums, hibiscus, lobelias, petunias, sunflowers, and zinnias.

Diagnosing plant ailments is difficult, but you should suspect and destroy any annual that is unnaturally dwarfed and discolored, especially if its leaves are twisted or distorted. Seedlings killed by curly top virus have no consistent symptoms; plants that carry the disease into maturity will have small, inferior flower and fruit crops.

In California the Curly Top Advisory

ck wall is a color tapestry

ıbs, succulents, and perennials in south-facing rock wall along driveway te year-round tapestry of color in Monterey Peninsula garden. This is it looks in late spring. Largest plants at the top (from left to right) are ow broom (*Cytisus racemosus*), light blue dwarf rosemary, and blue-gray *nia repens* with clusters of succulent, fingerlike leaves. Smaller clumps ellow in the center and lower parts of the wall are basket-of-gold *ssum saxatile*) and *Sedum dendroideum praealtum*.

reddish brown, small-leafed trailing succulents are *Sedum rubrotinctum uatemalense*); large red and green clumps are jade plants.

te-flowered dwarf perennial candytuft grows along the base of the wall. plants are reasonably drought-tolerant; they get along very well in rainless ons with water applied at the top of the wall—with welcome help n drippy summer fogs. Even without watering, roots stay cool and st in deep crevices between the granite rocks.

Sunset's GARDEN GUIDE

Board is trying to control the disease by spraying concentrations of leafhoppers in rural and wildland areas. They recommend that you keep curly top virus out of your own garden by spraying leafhoppers—they're ¼-inch long, pale green hoppers—with malathion as they appear. Pyrethrins and rotenone are also effective leafhopper sprays.

Have you ever heard of signet marigolds?

If you're looking for a low splash of annual color for a border, window box, or ground cover edging (and if you can spare some more irrigation water this summer), one of the signet marigolds (*Tagetes tenuifolia*) might be just right. The ones shown at right above were started from seed in flats and planted in full sun at 4-inch intervals for a mass of color. Bloom lasted from late June through early September.

These Central American natives come in yellow ('Lulu,' 'Lemon Gem') and orange ('Little Giant,' 'Gnome,' and 'Golden Gem,' also sold as 'Ursula'). All are about 8 inches tall, have single flowers, and sport finely cut, fernlike leaves.

Signet marigolds are hard to find in nurseries, but seeds are available from several companies. Among them are J. L. Hudson, Box 1058, Redwood City, Calif. 94064; W. Atlee Burpee Co., Box 748, Riverside, Calif. 92502; and Stokes Seeds Inc., Box 548, Buffalo, N.Y. 14240.

Garden birds in the Academy of Sciences

If you'd like to see what the avian visitors to your garden look like up close, make a point of visiting the photographic exhibit of 39 bird portraits at the California Academy of Sciences in Golden Gate Park this month. The exhibit continues until August 1.

Color prints are remarkably well composed and lighted. The reason: They're all carefully controlled studio shots of living birds. Photographer Ron Shunk captured his subjects—all birds that can turn up in Western gardens—in nets, placed them in dioramas of natural foliage for the pictures, and then released them. The result is a series of shots that look as though they were made in each bird's home environment.

DAVID STUBBS

Lemon yellow *signet marigolds make up for small flower size with a profusion of summer blooms*

The exhibit is in the Lower Cowell Hall Gallery, just downstairs from the academy entrance. Hours are 10 to 5 daily and 9 to 9 through the summer months. Admission to the academy is 50 cents for adults, 25 cents for ages 12 to 17, and free for those under 12 or over 65.

Frontier Village is a botanic garden

If you visit Frontier Village in San Jose this summer, stop at the Marshal's Office on Main Street and ask for the new free plant list.

You'll be surprised at the diversity of the entries only if you didn't know that the amusement park is built on the estate of Anson E. Hayes, a turn-of-the-century California congressman and plantsman. He and his wife, Mary Hayes-Chynoweth, collected many species of native and exotic trees and shrubs. Now you can see the plants as the planters couldn't: completely matured.

Among the 75 trees listed are a California nutmeg (*Torreya californica*) and a striking English yew (*Taxus baccata*). There are also 100 shrubs and smaller ornamentals listed, including a Surinam cherry (*Eugenia uniflora*) and a fine large Australian tea tree (*Leptospermum laevigatum*).

The plant list is arranged by botanic name, with shrubs first and trees last. Each entry also includes a common name, an area keyed to a map in the front of the list, and exact location (all plants are numbered and posted).

Frontier Village, at 4885 Monterey Road in San Jose, is open from 10 to 5 daily; general admission is $3.25. Garden clubs can arrange plant walks through the park through Ken Peek, park horticulturist; telephone (408) 225-1500.

French intensive water saving

An established vegetable growi method worthy of more attention these water-short times is French inte sive biodynamic gardening. Throu careful soil preparation, close plantin in beds, and an all-organic feeding a proach, researchers at Ecology Action Palo Alto claim to have achieved a fou fold increase over California avera vegetable production without using a more land or water. In practical term this may mean that you can grow much as a farmer does on a quarter of t land with perhaps a third of the wat

You start by digging a planting bed 3 5 feet wide and 5 to 20 feet long. Th is hard but vital work, since you mu dig and amend the top foot of soil a loosen the foot of soil below that to pr vide for easy air, root, and water pen tration. (It also makes weeding easy.)

Since roots can grow straight down i stead of laterally, plants can be spac so close together that leaf tips touch maturity. That in turn shades out weed substantially reduces ground evapor tion, and means that most the water y put on the bed will be used by the plan you're growing; none will water weeds unplanted ground.

STEVE W. MARLEY

Which palm? *A free guide to plants at Frontier Village tells you it's a Chinese windmill palm*

cology Action's planting methods are ımmed up in a step-by-step manual on rench intensive gardening called *How grow more vegetables than you ever ought possible on less land than you ın imagine*, by John Jeavons (Ecology ction, 2225 El Camino Real, Palo Alto, alif. 94306, 1974; $4). You can order rect from the publisher. Price includes ıipping; add 24 cents tax in California.

ind out your water usage er job, per day, or per month

t a time when municipalities, water gencies, and newspapers are passing out ages of information on how much wa- r everything from the average lawn to e average shower uses daily, it's hard come up with the number of gallons ɔur garden, shower, or toilet takes. A ew, portable water meter is now on the arket that can tell you—and in gallons, ɔt cubic feet.

s shown at right, it can screw onto the ıtlet of a hose so that you can water ecisely up to your allotment every day, fit between the faucet and the hose r hose and sprinkler) for a running ɔunt on the gallons your garden uses a day, week, or month.

ade from high-impact plastic and eighing less than a pound, this meter ill work in any position. Legally, you ay install it anywhere in your water stem past your existing house meter.

you want to keep tabs on how many llons your entire household uses daily, install it just beyond your household meter (on the side toward the house, away from the street). The modified meter shown at right above even has a remote readout that you can put in your kitchen or service porch. No batteries or electrical hookups are needed; water passing through the meter powers a tiny generator that signals the remote counter, which reads out in hundreds or thousands of gallons.

Flip up *a plastic window on the meter at left for a direct reading in gallons. Meter above also reads directly, and it has a remote readout (black box) that shows hundreds or thousands of gallons used*

Both meters are available in some hardware stores, building supply stores, and even mass-merchandising drug chains in California. The basic unit costs about $60, the remote unit $100. You can mail-order them from Conserv-A-Meter, 625 D St., Petaluma, Calif. 94952. □

JUNE CHECK LIST: *Here's what most needs doing*

☐ **Annuals.** Pull and compost any bloomed-out annuals. If you have the water, you can still plant summer-blooming annuals; first till compost into the soil to boost nutrient level. For water-short areas, set out celosia, Gloriosa daisies, Madagascar periwinkle, petunias, sweet alyssum, and verbena. If you plant immediately, you may get good results from seeds of cosmos, annual coreopsis, hollyhocks, and portulaca (it's a good time to sow zinnias too, if you have the water). Plant more closely together than usual so you don't water unused ground.

☐ **Garden contest.** If your garden is particularly attractive, productive, or full of good ideas—whether for saving water, labor, or just getting better harvests—it may interest us as much as it does you. Enter our 1977 garden contest and find out. For an entry blank and complete information, write to Garden Contest, *Sunset Magazine*, Menlo Park, Calif. 94025.

☐ **House plants.** Take not-so-strong house plants into the patio, wash the leaves with fresh water, and enjoy them outside (but not in wind or direct sun) until summer's end. They should be stronger by then.

☐ **Lawns.** If your water is severely rationed and your lawn is still alive, mow it high—up to 3 inches for cool-season grasses such as bluegrass, rye, and fescue—to reduce ground evaporation.

☐ **Planting tips.** If you have the water to plant, and can't benefit from cooling coastal fogs, remember that summer heat can wilt young plants to the ground. Plant in the late afternoon to give seedlings the night to recover, and shade with shadecloth or fabric until seedlings are established and hardened off (about 10 days). Mulch to slow evaporation and to moderate high ground temperatures, and water only in the morning or evening. (By May many districts were allowing watering only from 5 P.M. to 9 A.M. anyway.)

☐ **Pruning, training, staking.** Cut back long streamers of wisteria to the third or fourth leaf from the base of the new growth. Put in stakes for dahlias, tomatoes, delphiniums, and gladiolus. Cut off faded iris blooms and stalks.

☐ **Roses.** Keep centers of bushes open by pruning out branches that grow inward and cross other branches. Cut to an outward-facing bud to make the plant broader, to an upward-facing bud to make it taller.

☐ **Vegetables.** In the Bay Area and Rockies (but not in hot interior valleys), you can still plant most vegetables including beans, beets, carrots, corn, cucumbers, melons, pumpkins, and squash. In the interior valleys, set out seeds of beans, carrots, corn, and cucumbers. Wherever you live, set out plants of eggplant, peppers, and tomatoes if you haven't already done so.

NORMAN A. PLATE

Lath and shade cloth *sections keep sun off paving, house walls, raised planting bed. Architect: William Bruder for Sarah A. Crickmore, Scottsdale, Arizona*

DON NORMARI

Grape vines *are for shade and fruit at the Robert Roman home in Medina, Washington. Trellis (designed by Robert W Chittock) shades family room; awnings shield living roon*

Shade is good for you

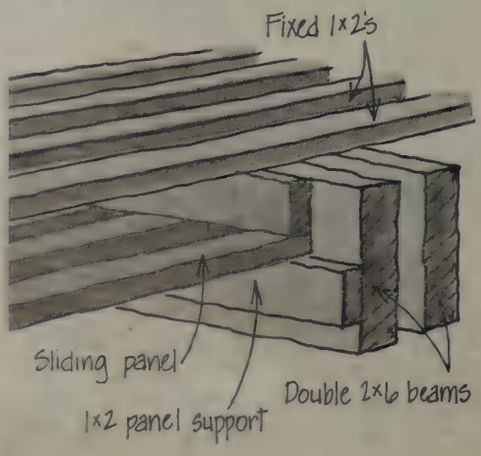
...also good for your garden, electric bill, and water supply

Trellis *of widely spaced 3 by 4's needed cover of shade cloth to block out hot Phoenix sun. Landscape architect: Thomas Orchard*

Reed screening *laid acros rafters and secured by lat covers pavilion, trellis alon house (foreground). Landscap architect: Carl Kominsk for A. S. Goodman, Tucso*

JERRY FREDRICK

By sliding *lower panel he can block out 50 to 100 percent of direct sun on patio (see sketch below). Panels aren't removable, but could be with modification. Architect: Mark A. Coffey for the Vernon Pattersons*



The five shade-producers shown her are effective ways to conserve bot energy and water. Keeping sun off win dows, house walls, and paved areas adja cent to the house can decrease the nee for an air conditioner or air-circulatin fan. And shade over garden beds an container plants means you won't hav to water them as often. (In fact, it woul be prudent this summer to move con tainer plants out of full sun and off heat reflecting paving, and place them unde protective cover.)

Flexibility makes these five example noteworthy: They provide shade i warm weather but allow the sun to hel heat and light the houses in winter Basically, what you want are deciduou trees or vines, or shading devices tha can be removed or adjusted at the ap propriate season.

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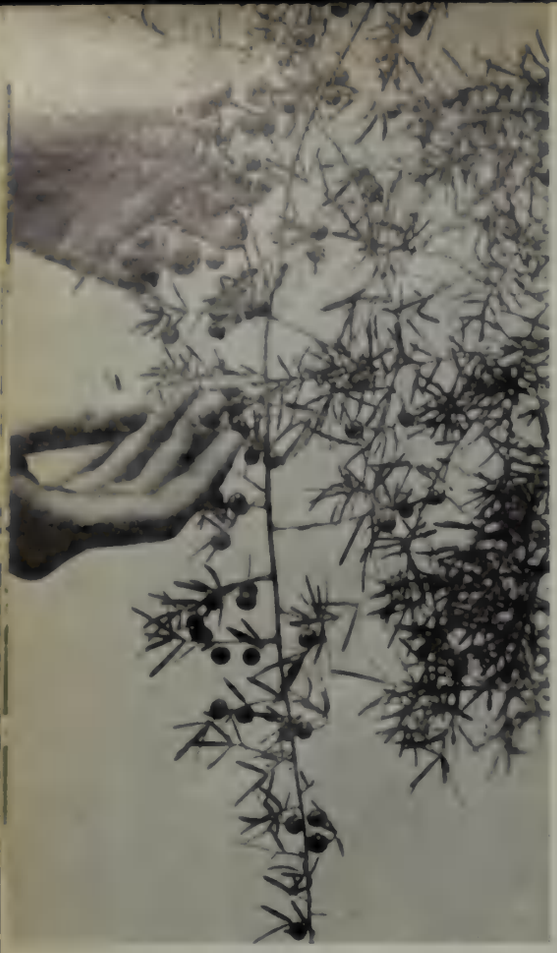
Ornamental asparagus... it's unthirsty and it's easy to propagate from seed



From berries *of this one branch can come dozens of new plants—in surprisingly short time*

NORMAN A. PLATE

Berry flesh *easily slips away from shiny, pea-sized seed. Wash sticky seeds before sowing*

One of the most drought-tolerant plant you can grow is also one of the easies to propagate—ornamental asparagus Those bright red berries you see on olde plants are more than just good-lookin decorations. They hold seeds that ca give you more plants in short order.

Wait for berries to ripen before yo pick them. Unless you have the kin of ornamental asparagus shown at fa left (*Asparagus densiflorus* 'Sprengeri' don't expect red always to be th color indicating ripeness. The fruits o a few kinds color differently when rip Tiny white flowers precede brown be ries on *A. falcatus*; the ripe berries o *A. crispus* are whitish, those of *A. retro fractus* orange, *A. scandens* scarlet, an *A. setaceus* (*A. plumosus*) purple-blac

If you harvest seeds as soon as they' ripe, it's wisest to plant them immed ately because their ability to germinat diminishes rapidly. But if you leave the

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NORMAN A. PLATE

After four weeks *in greenhouse, these seedlings are ready for transplanting to individual pots*

on the plant they retain their viability long as a year. It's a good idea to pi only those you plan to sow and leave t rest on the plant for later.

If you don't like the look of shriveli berries on your plant, but still want f ture sowings, there is a third alternati You can pick, clean, and store the seed then, when you're ready to sow, so them in hot water for 24 hours to revi them. This method will give you a low percentage of germinating seeds th you'll get by planting fresh seeds, but t effort is still worthwhile.

Planting the seed

Fill a seed flat or shallow pot with fi vermiculite, or a mixture of one p peat moss and one part fine vermiculi or similar proportions of peat mo and fine perlite. Saturate the seedb with water.

After setting the seed on the damp see bed, cover it with vermiculite, perlite, peat moss. The material should ju cover the tops of the seeds. Then wat Keep in a dark, warm place.

Asparagus seedlings should be visible three to four weeks. When they appe place the pot or flat in good light but n direct sun. If the seed bed has gone dr moisten it. Gradually move the you plants to brighter light.

When the seedlings are an inch or high, which should be in another thr to four weeks, transplant each into separate small pot filled with one p potting soil and one part seed-bed m (see above).

After a few months

Four to five months later the you plants will have the fleshy tubers char teristic of most ornamental asparag

Now you can begin treating them as y treat mature plants. Whenever roots the pots, transplant them to larger p with straight potting soil.

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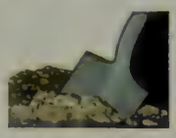
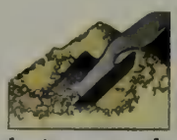


Peat moss. Canadian sphagnum, exclusively — for its unmatched water retention, even consistency and predictable pH level.



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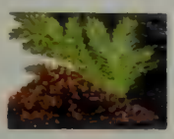
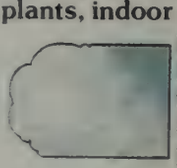


Redwood. For its extraordinary durability and resistance to weathering. (Note: only sawmill residual is used.



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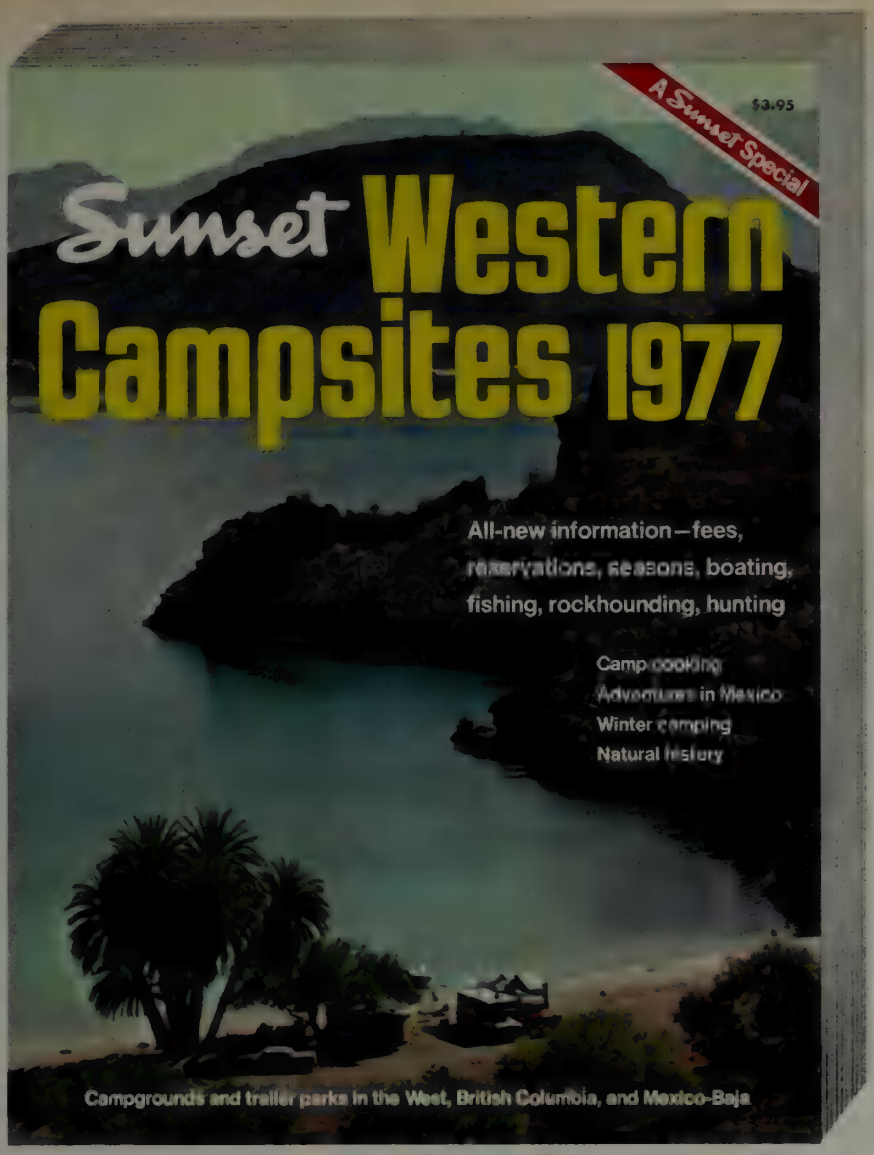
Great Conservatory *houses aviary and aquarium in addition to a large collection of begonias and orchids*

Afternoon in London's Syon Park

Just 9 miles from Piccadilly Circus and easily reached by tube or train, Syon Park is the most accessible of the great English ducal estates. Its many attractions include Syon House itself, which is open to visitors weekday afternoons for a small fee.

Henry VIII seized Syon House from a religious order in the 16th century, and its involvement in his family affairs was

Severe *Tudor exterior of Syon House looms above 12,000-plant rose garden*



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Joy #1 was issued last spring. It was a genuine hit with gardeners all across the country; so we've published *two* issues this year.

Joy #2 came out early in January '77, and again, it was received enthusiastically.

Now Joy #3 is on the newsstands. Among its many fresh discoveries: 17 impatiens, Chinese chives, brodiaeas (they need little water), shamrock peas, gourmet cucumbers. It tells you how to grow herbs in a greenhouse, how to garden under lights, how to grow a pear in a bottle, how to store and preserve surplus food. And for back yard farmers, it even offers full guides to beekeeping and raising chickens.

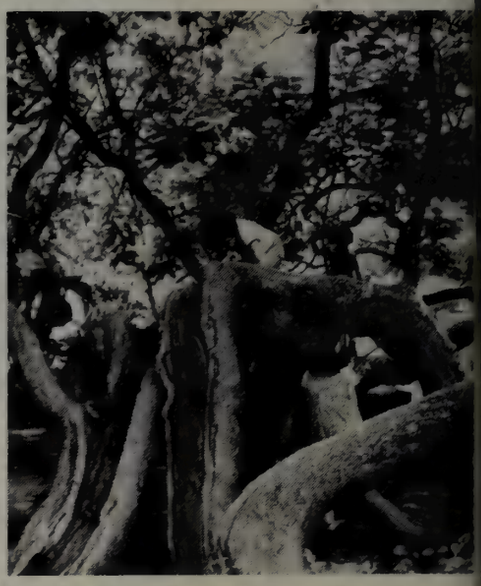
You can pick up a copy of Joy #3 at any newsstand now. If you prefer, send your check—$2.50 ($1.75 plus 75¢ for postage and handling) for *each* edition. *California residents add 11¢ tax* for each issue. Mail to: Joy of Gardening, Lane Publishing Co., 80 Willow Road, Menlo Park, California 94025.

tempestuous. Catherine Howard, his fift wife, was confined there before her exe cution. The fortresslike exterior conceal one of the finest neoclassic interiors i England, the work of the 18th-centur Scottish architect Robert Adam.

At Syon you can also visit a collectio of antique London public transport ve hicles and a collection of classic auto mobiles. To see how the British house holder spends his holidays, drop by th camping equipment display or the mod ern and well-stocked retail nursery.

It is claimed that Syon Park was the firs place where trees were planted purel for ornament, and it is certain that Wil liam Turner was working on his *Name of Herbes,* the first British botany, a Syon in 1548. Horticulture remains th focus of the park.

The main garden was completed shortl before the American Revolution, bu



Children still play *in the branches of a catalpa tree that was planted in 1726, and it blooms faithfully every year*

some trees still existing had been plante much earlier (see photograph above) Within the main garden but much mor recent are demonstration home garden installed by a number of British nur series. Beyond the great house a ros garden houses 12,000 rose bushes.

The Great Conservatory, 382 feet lon and 65 feet high at its central dome, wa built 150 years ago. It was used as model for London's famous Crystal Pal ace, itself a landmark in architecture fo its use of steel and glass. The conserva tory now houses an aviary and an aquar ium along with a display of exotic plants.

Syon Park is open daily, from midmorn ing until 6 P.M. The park entrance fee o about 50 cents admits you to the mai garden and the rose garden; there is small additional charge for the other at tractions. There is no fee to visit th nursery.

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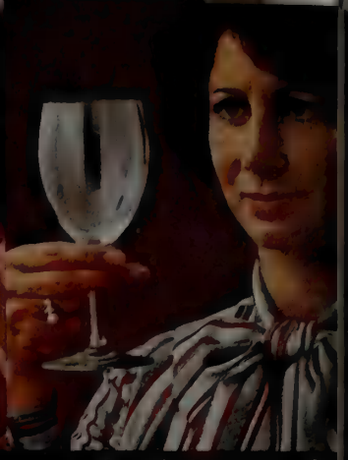
If it's not Flecto, it's not Varathane.

Louise loved the lobster salad.

Ann was crazy about the china.

Judy asked for the cheesecake recipe.



And Gertrude noticed the spotty glasses.

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Most detergents can leave spot problems, but Cascade's sheeting action fights drops that spot. Gives glasses the Cascade look: bright...shiny... virtually spotless!

An antidote for gray water

e problem with gray water is that it en contains sodium, an element that y have a bad effect on soil and conse- ently on plants. Here is the lowdown where sodium comes from, what it es, and how you can counteract the ects in your soil.

dium is an important component of st household detergents: Combined h the phosphates, it combats hard ter to produce suds and work under t and grease. From the kitchen sink d laundry the sodium goes down the in or, if you are using gray water, out o your garden soil.

e two sodium chasers

you've found that water is slow to etrate your soil (a symptom of excess lium) you can correct the problem h either of two soil amendments. The st widely used is gypsum (calcium sul- e). In powder form, it requires light ing into the soil to provide long- ting benefits.

e other choice is calcium polysulfide o called lime sulfur or liquid gypsum, l sold under many brand names). ng liquid, it's easier to apply than sum: You simply apply it with a ayer or watering can and water it in tly. It may, however, take weeks or nths to become effective.

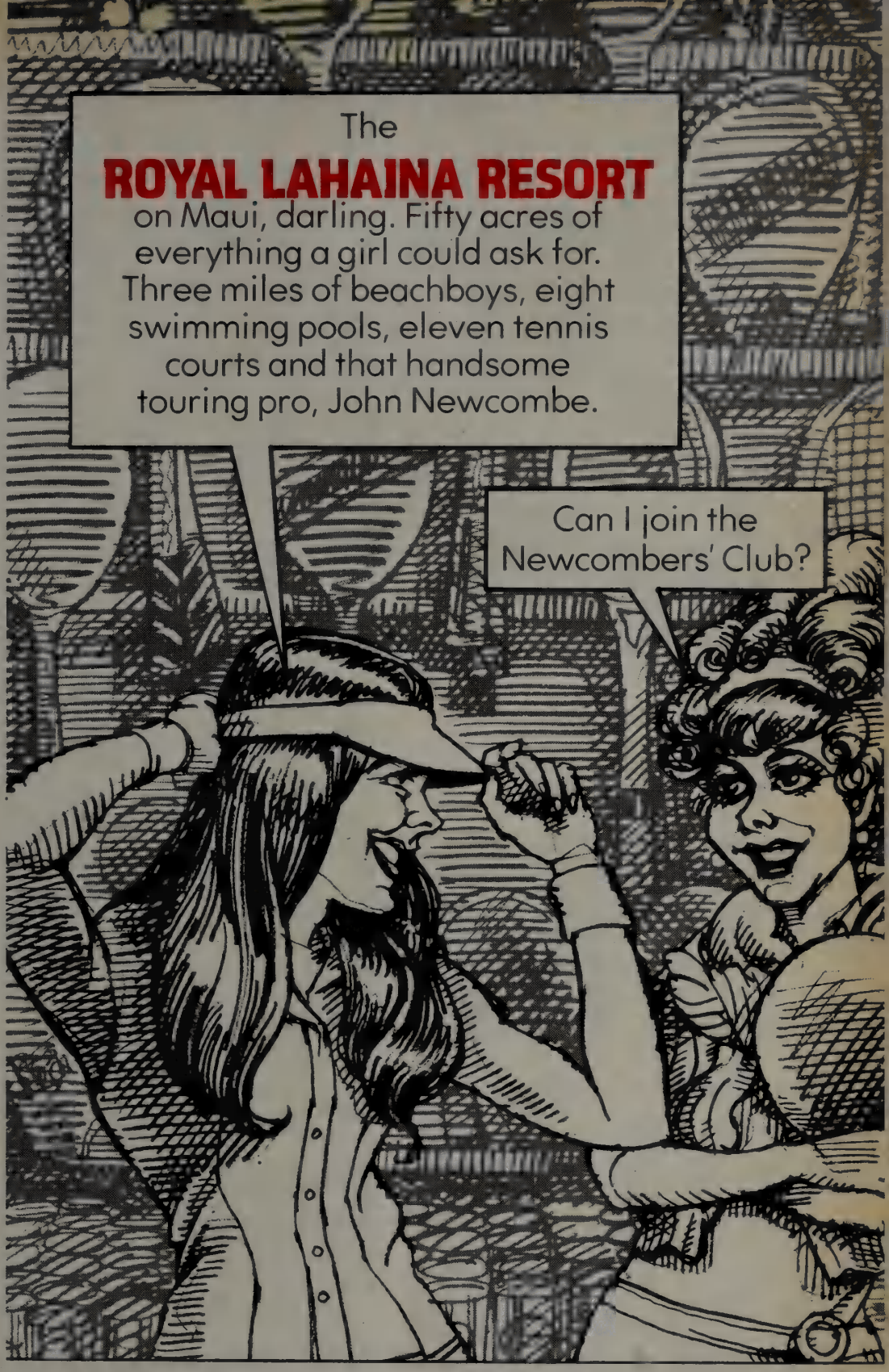
e problem with sodium in the soil

the soil, sodium—being a positively rged element—hooks onto the nega- ely charged soil particles. When the lium hooks onto enough charges, it rts a greater influence on soil struc- e than soil calcium.

ther than holding soil particles in large mbs and allowing for pore (open) ces between them as other bonds do, sodium bonds let the particles dis- se, resulting in elimination of pore ces. The lack of pore spaces yields an pervious condition where air and ter have difficulty entering the soil.

e calcium that you add with either sum or calcium polysulfide provides ng bonds between soil particles, pro- ing large crumbs and pore spaces. It places the sodium, which ends up in water around the soil particles. An casional soaking will be needed to ch the sodium beyond the root zone.

u may discover that gray water esn't cause any problem in your soil. so, that's because the soil is sandy or in organic matter, and sodium will readily attach to it. □



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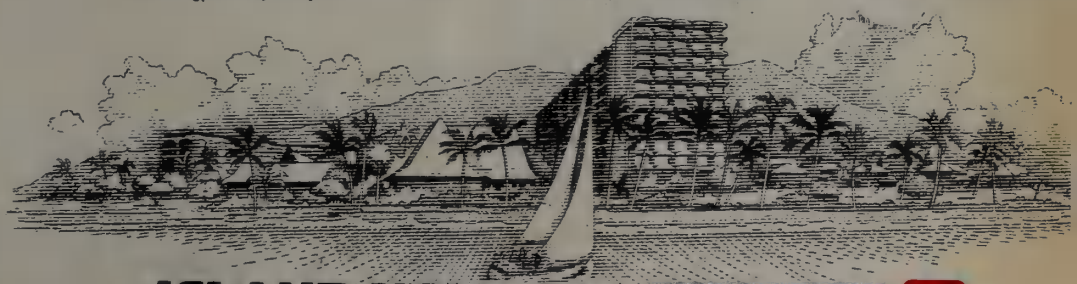

ISLAND HOLIDAYS RESORTS

AN Amfac COMPANY

Fruit clusters *of easy-to-grow Musa sapientum in Banana Grove are sweeter than market variety. Zoo has 14 kinds of bananas; these will feed the monkeys, birds*

Moreton Bay figs *in Flamingo Lagoon grow more massive as aerial roots take hold —overhead watering helps them develop*

Canopy *of trees ferns and jacarandas shelters Fern Canyon; path winds to tiger and bear grottos*

cimitar-horned oryx *shares his stage with pointy-leafed aloes and cactuslike euphorbia n Hoof and Horn Mesa. Most aloes are drought resistant, produce exotic blossoms despite neglect*

BILL ROSS

Flamingo Lagoon, *the first thing you'll see, is fringed by tall queen and king palms, dense paradise palms, and low, arching pigmy date palms*

Jungle walk in San Diego

Palms, figs, ferns, orchids, birds and monkeys overhead. It's the all-but-priceless garden that surrounds the famous zoo

There are two outstanding attractions at the San Diego Zoo, but one is often overlooked. The wild animals—one of the largest collections in the world—are so splendid that the zoo's collection of botanicals tends to get second billing rather than the costar rating it deserves.

No other zoo has such an array of exotic plant life. For coastal Southern Californians, this is an ideal place to gather ideas for their own landscaping. For visitors from other climates, it offers a chance to ramble through a jungle rainforest atmosphere complete with singing birds and chattering monkeys.

At the information booth inside the gates you can obtain a free pamphlet with a map locating concentrations of plants and giving brief explanations of their

Birds, plants, people *share walk-through aviary in Rain Forest. Waterfall splashes lush mix of tropicals; tallest plant is giant bird of paradise*

BILL

Shaggy-fronded *fishtail palms this are raries; they flower on then die. These grow on Monkey M.*

ecology. (Sometime this summer the zoo also plans to begin botanical tours of the grounds.)

Using the map, you'll be led through 100 acres of twisting canyons, valleys, and mesas, all covered by luxurious vegetation. The miles of trails, paths, and roadways let you get close to the plants.

Since the zoo's founding in 1917 on undeveloped canyon and chaparral land, the primary landscape goal has been to make it a beautiful place to visit. Though actually irreplaceable, the plantings are now valued by zoo staff at some $50 million—more than four times the worth of the animals.

Many of the plants are outstanding mature specimens, originally donated by collectors or acquired in trade with botanical gardens around the world. Part of the huge collection includes 14 spec of bananas, 270 species of bromelia 35 species of *Erythrina* and 41 species *Ficus*. You'll find groves of banana tr with ripening stalks of sweet, edil fruit, over 135 species of graceful feath and fan palms, giant rubber trees w powerful aerial roots weaving caverns spidery undergrowth, orchids and st horn ferns growing at eye level in t crotches of trees.

A steep, winding, fern-banked cany leads you close to the tropical coolne of the giant aviary where gushing wat falls add humidity to the jungle setti of bamboo, ferns, giant bird of paradi ginger, chamaedorea palms, philode drons, ficus, and much more.

A visit to the reptile house brings you an impressive collection of cyca nearby you'll see the newly develop bromeliad garden. At one of the farth corners of the zoo, the giraffes, gazell and other hoofed animals on Hoof a Horn Mesa live near a striking collecti of aloes and agaves with their typical strange and fascinating blossoms.

The zoo is just off State Highway 163 Balboa Park. Hours are 9 to 5 daily; a mission is $2 for visitors 16 and over.

If you go for the first deal you get on a property improvement loan, you may be in for a surprise.

Let's face it, when you're thinking about putting in a pool or remodeling the kitchen, or any other project, you don't jump at the first bid you get. You shop around. And that's smart.

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And we can help. A two or three minute phone call to any one of our consumer loan specialists can tell you what the true cost of your loan should be. We can show you what to look for in a property improvement loan, and what your various options are. What's more, in many instances we can actually save you hundreds of dollars.

The fact is, not all loans are the same. And that's why it's smart to shop around and make sure you get the best loan you can. You deserve that.

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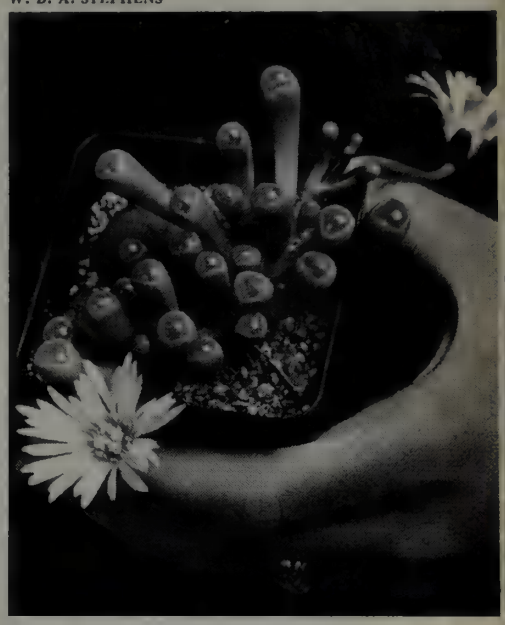
BILL ROSS

They mimic pebbles *of their native habitats. Colors of stone plants vary from yellow-green or blue-green to rust or even purplish. Small, easy to grow, and intriguing at close range, they make excellent windowsill plants*

W. D. A. STEPHENS



Note "windows" *on tips of baby toes. Below, mature leaves of lithops split open as new leaves push out*

Stone plants are sheer camouflage ... they are amusing pot subjects

ıost as easy to care for as a garden of pebbles they imitate, stone plants are standing choices for pot gardeners seek the unusual.

wn here are only a dozen of hundreds variations that have adapted to the sh environment of their native South ican deserts. In color and pattern, ı closely resembles the rubble of an that may extend over only a few are miles. The mimicry of the leaf conceals them from hungry or sty creatures. Hundreds of the plants lie undetected among the pebbles l the spring bloom season, when they covered with white, yellow, or pink ers, typically about an inch across.

ir semiglobular to tubular shapes ex- minimal surface to drying sun and d. When soil is dry, they pull them- es into the ground until their tops are ost level with the surface. "Win- s" of varying translucency on the tips funnel light down to green, osynthesizing cells lining the side s. In the rainy season new leaves above ground for maximum light.

ps that specialize in rare cactus and ulents sell stone plants. Or write to Stone Plants, *Sunset Magazine*, Menlo Park, Calif. 94025, for mail-order sources. Mail-order plants come bare root. Pot them in a fast-draining mixture containing minimal peat moss. They'll reestablish within days.

Grow a single stone plant in a 2 or 3-inch-diameter pot, or group several plants a few inches apart in a shallow bonsai pan. If you tend to overwater, use clay pots; if you'll be leaving plants a week or more untended, use plastic or other nonporous material. Plant high, so that roots are just below the surface.

Once established, stone plants need full sun and consistent warmth. A warm sunny window or greenhouse with low humidity is best. But when plants have been under lath or in the mail, adapt them gradually to stronger light, or they can sunburn badly. In frost-free areas of Southern California, you can grow them outdoors, but protect them from birds.

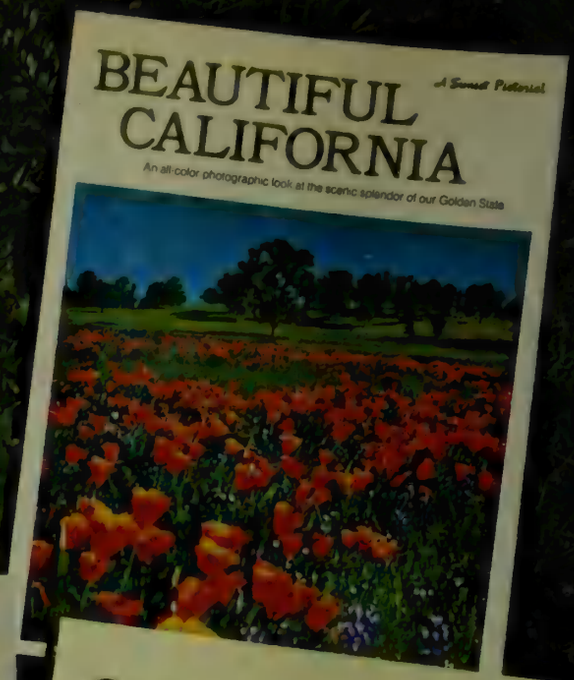
Stone plants seldom need water—about once a week or less. Let the soil dry partially between waterings. Our winter is their summer dry season—time for dormancy; take extra care not to overwater.

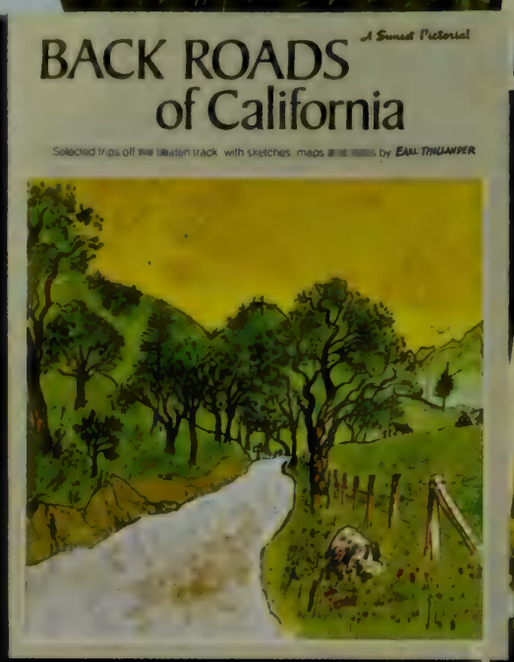
Flowers may not form seeds unless several bloom at once. You can plant any seeds that do form as you would most succulent or cactus seeds. □

Seed pod magic. *Tightly closed capsule awaits "rain." One drop—flaps instantly open to expose figgy-looking seeds (right). More water washes some out. Then pod dries, flaps shut*

PETER O. WHITELEY

Big New Gift Books...At a New Small Price





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JERRY FREDRICK

about 2 inches deep and a spade's width apart. Shove the spade grass between the two slice marks to peel up sod in strips. tack them, grass side down, to compost them

Gravel *and other inert ground covers are cheapest by the truckload. It takes a layer 1½ to 2 inches thick to cover effectively*

STEVE W. MARLEY

If your lawn goes dead in the drought

You have choices. One is to remove it and place it with inert ground cover. Or you can wait it out. Or you can even dye it green

ummer, thousands of Western owners will face the problem of o do with a lawn that turned to bble because there wasn't enough o keep it alive.

e thing, you can just wait out the t. Mow the brown lawn to make neat and hope that by next spring, vill be normal again and you can . You may find the look of dead no more objectionable than the nterim measures suggested here. grasses may even come back if ar's rainfall is normal.

arre as it sounds, you can spray een dye. Such products have been r years in Bermuda grass country k the frost-browned grass in win- e secret of a believable color is to n several thin coats, leaving some ss blades still showing through. A olid coat looks phony.

l choice is to scrape off the old sod, as shown above, and cover the area with an inert material such as decomposed granite, gravel, stone, or bark. The reason for stripping the sod first is that you'd waste a lot of the gravel or other materials in among the old dead grass and its stolons.

If you have a large area, it may be worthwhile to rent a sod cutter. They cost about $10 an hour for a minimum of 2 hours. You'll need a trailer hitch to pick one up.

If roots and soil are moist and healthy enough, the sod will come up in wide swaths that you can roll up or stack in chunks. If soil and sod are bone dry, a sod cutter or the hand technique shown above may be troublesome; dry sod tends to buckle and crumble.

What future for the decorative lawn?

Many Westerners are now convinced that purely decorative lawns (those that get walked on only by the persons behind the mowers) are basically inappropriate for our arid climates. Many will retain this conviction even when we get rainy winters again. In other quite different climates—in North America east of the Mississippi and in northern Europe—rains every month of the year make the decorative lawn an easy and natural feature.

One of this drought's positive achievements probably will be that most of the lawns still in place in suburban homes in the Western United States will be those that people use frequently.

For instance, at *Sunset's* Menlo Park headquarters, we are looking at drought-tolerant alternatives to the never-used lawns in the front of our buildings facing Willow and Middlefield roads. But we will continue to do our best to keep alive other sections of lawn that get frequent use. □

Straight Talk from UCB/Number 15.

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A dream? Nope. It's actually a way to borrow money that a lot of banks offer. At UCB, we call it Balance Plus® Line of Credit.

Now, there's no question that writing your own loan is convenient. The question is: Is that 18% annual interest you pay really worth it?

SOMETIMES IT IS.

It's worth it when you need to get money in a hurry. And without any hassle. Like when the car decides to fall apart. Or when you get clobbered with a big doctor or hospital bill. Or a huge tax bite. Or some other surprise.

It's worth it when it can help you take advantage of savings you'd miss out on otherwise. Like when you run across a great sale on the refrigerator you've bee needing, but you don't have the cash. On you've qualified for Balance Plus Line of Credit, you can write your own loan immediately, without filling out any new forms or even coming into the bank.

SOMETIMES IT ISN'T.

Like all loans, it's not worth it when your real reason for using it is to live higher on the hog than you can afford. Or when you're already too deep in debt

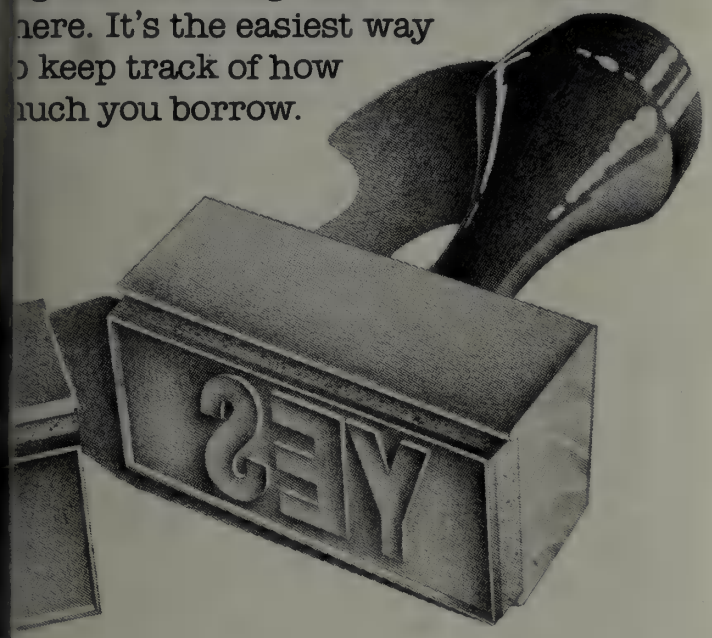
It's not worth it when getting the mon immediately isn't a factor. Like when you're planning on buying a color TV th isn't on sale. And you're not planning o repaying the money soon. Then you're better off getting a regular loan. It's not as convenient. But you'll probably get a lower interest rate.

It's also not worth it, in our opinion, when a bank makes you borrow and pay interest on some preset minimum amou – more money than you really need. (More on that later.)

W DOES IT WORK?

t UCB, you can write your own loan ways:

ou can fill out a Deposit Order and ake it or mail it to any UCB office. Ve'll transfer the amount into your UCB egular checking account then and here. It's the easiest way o keep track of how uch you borrow.



ou can write a check for more than you ave in your checking account, (up to our credit limit, of course) and we'll utomatically deposit the money you eed into your UCB checking account.

W MUCH CAN YOU BORROW?

Then you qualify for Balance Plus Line redit, we set up a maximum amount can borrow. It generally ranges from 00 up, depending on your income and dit history.

Ve also have a special Balance Plus Line redit that lets you borrow up to 1/3 of r annual income if you qualify. Ask r UCB loan officer for details.

W ELSE CAN IT HELP YOU?

CB's Balance Plus Line of Credit can provide a check guarantee. It iden- es you to any of the many participating rchants throughout California, who accept your personalized check for to $100. It also identifies you at any of B's more than 260 offices in California, ere you'll be able to cash a check for to $150.

LOTS OF BANKS HAVE THIS SERVICE. WHAT MAKES UCB'S BETTER?

Very simple.

Many banks make you borrow minimum amounts, whether you need it all or not. Say, for example, you write a check for $51.01 more than your balance shows. Some banks will transfer $100 to your checking account to cover the $51.01 overdraft. You have to pay back $100, plus the finance charge on $100, and maybe even a transfer fee.

UCB transfers only $52 to your checking account. You pay back just $52 plus the finance charge on $52. Nothing more. UCB only transfers to the next highest dollar amount, with no transfer fee at all.

HOW DO YOU QUALIFY?

Also very simple. Come into any UCB branch and fill out our All-Purpose Personal Credit Application. If you qualify, we'll give you Balance Plus Line of Credit.

If you have any questions we haven't answered here, come in and ask us. A straight answer is something everybody qualifies for at our place.

GET IT STRAIGHT FROM UCB.

UCB

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Water saving... the moisture sensor idea

Automatic control is one new answer

In-the-ground watering systems—whether sprinkler or drip—can be more efficient than ever with the new generation of automatic watering devices now on the market. Unlike standard timers, these won't run water wastefully when rain or cool weather keeps adequate moisture in the soil. And two of those shown will begin to irrigate the instant that soil moisture falls below normal.

The systems pictured here are three kinds currently marketed in the West. Priced between $50 and $150 (including electric valves), these devices turn on the water only when sensors tell them the ground needs it. Three parts are common to each system.

Controller. It usually has one dial that you set to determine how dry the soil must be before the water goes on, and one dial that determines how long the water stays on.

Moisture sensor. You normally bury it in the root zone of the plants your system waters, and it signals the controller when the soil gets drier than you want it.

Electric valve. It turns the water on when signaled by the controller.

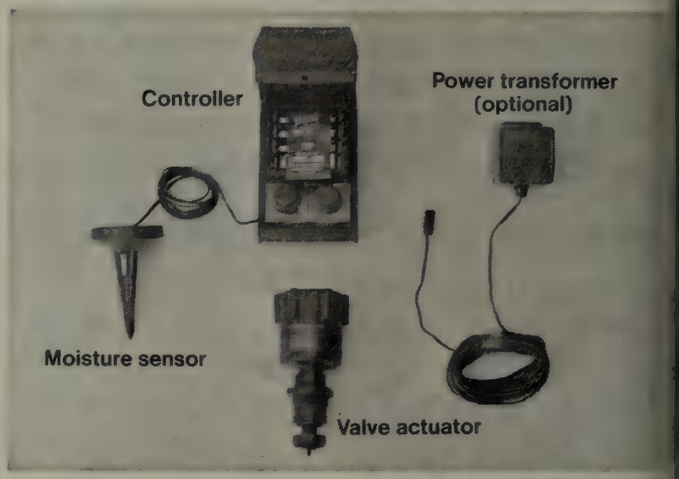
Since the moisture sensor is the key to all these systems—no water goes on until the sensor dries out—that device has to be implanted in the root zone of the plants or lawn to be watered. Think of it as a dummy root.

If a timer operates your present irrigation system, you can use the existing electrically controlled valve. To convert a manual valve, just unscrew the on-off control and replace it with its electric counterpart (called an actuator). Several companies make electric actuators; most cost around $15. Complete 24-volt electric valves are available for around $20.

Controllers vary. Aqua Brain's is battery powered and snaps onto its own valve actuator (left photographs). The Irrometer is self-contained, but you can use it in conjunction with an electric timer. NewX's controller should be mounted out of the rain near an electric outlet; the garage is usually ideal.

Aqua Brain is basically a timer that you can set to irrigate as often as every 3 hours, or at intervals up to eight days. To turn on the water, the timer has to send its signal past the moisture sensor. If the sensor indicates adequate soil moisture, the clock's signal is stopped, and the valve doesn't open. If the soil is dry, the signal goes through, the valve opens, and the water goes on. You can program each irrigation to last from 42 seconds to 90 minutes (longer with one model).

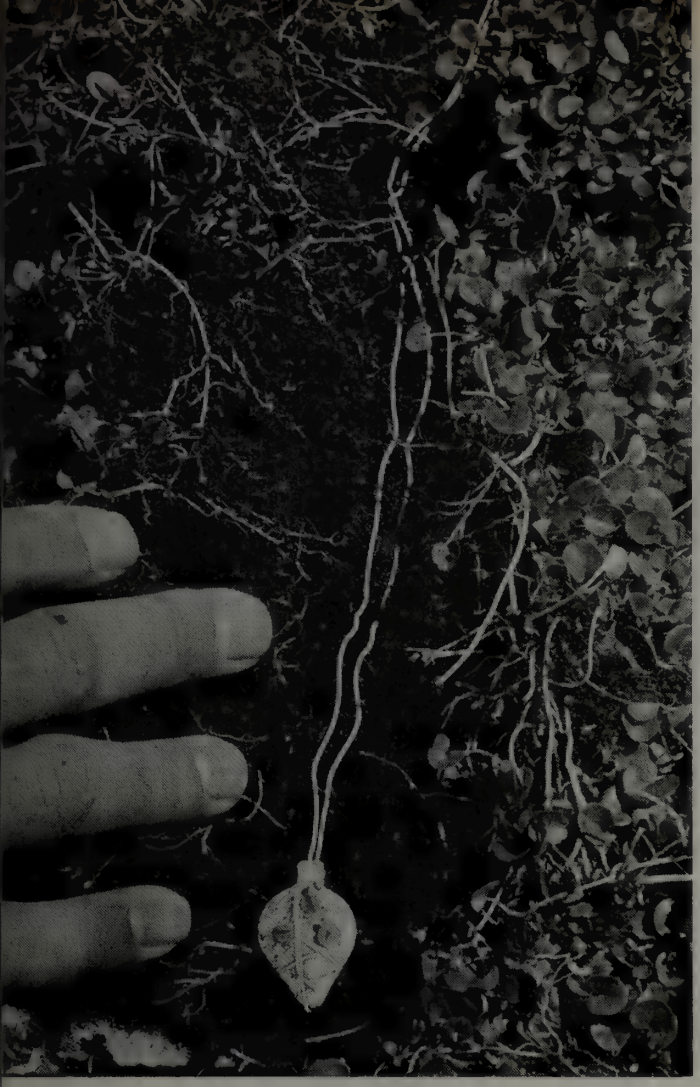
A single-station controller (it will open only a single valve) costs $35, including moisture sensor. A five-station controller costs $44. Valve actuators are about $15 each. Aqua Brain components are sold at many department stores, building supply, hardware, and plumbing outlets, or write to Aq Brain, 18414 Eddy St., Northridge, Calif. 91325.



He's placing *a moisture sensor near a drip irrigation emitter. When ground is dry, sensor lets control box (between his head and the deck) automatically turn on water. Made by Aqua Brain, this battery-powered system costs about $50; if powered by house current, about $60*

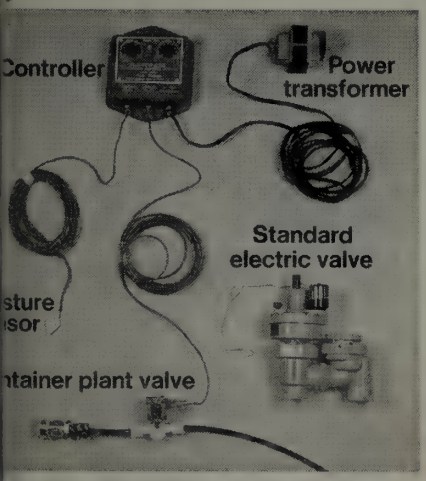
Irrometer sells a sensor with a dial mounted over its moistu gauge. You dial the moisture level that you decide is ideal your plants. When the needle on the gauge passes the setti you've dialed, it triggers a magnetic switch that opens water valve. When the needle rises back above the setting, magnetic switch turns off the water.

Virtually any 24-volt timer can be used with an Irrome Just cut the "hot" lead (not the ground or common le from the timer to the valve, and splice the two cut ends to leads on the Irrometer. The advantage of tying the device a timer is that you know what time the water will go on (i

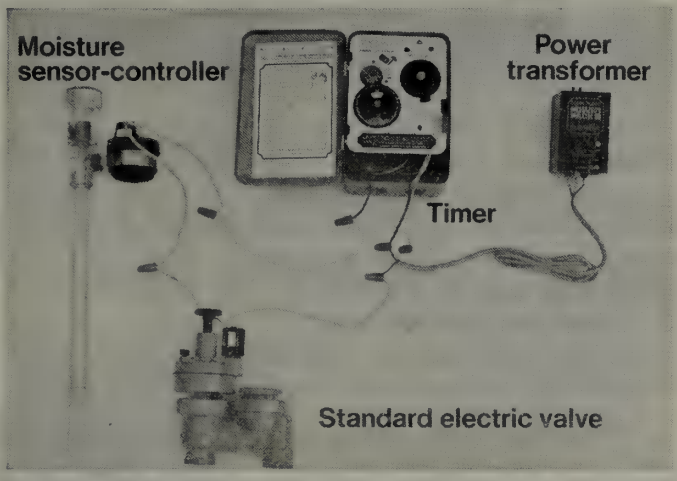


NORMAN A. PLATE

MARTHA WOODWARD



ll enough *to be permanently buried in a lawn or fuchsia et, or hung in the spray of a mister, this sensor's ceramic th absorbs moisture at about the same rate as good garden Made by NewX, its base price (not including a valve) 15. Drip valve shown is $11, ¾-inch valve is $18*



Moisture-sensor tube *(above) doubles as controller. It switches valve open when soil moisture falls below preset level, turns off water when moisture returns to normal. Called the Irrometer, it costs $40, not including electric valve or power source. Wired to a multi-station timer, it turns on water at several valves*

ls to go on at all), so you won't be caught playing croquet n the sprinklers suddenly come on.

meters are available from irrigation supply outlets or by order from Irrometer, Box 2424, Riverside, Calif. 92506. ompany that will mail-order Irrometers and compatible clocks is Care-Free Irrigation Supplies, Box 151, San Capistrano, Calif. 92675.

X ties its controller to a half-dollar-sized porous sensor measures moisture with gold and platinum electrodes in amic sheath.

ed in the root zone—so you can walk over it without aging it—or hung beneath a mist emitter, the sensor sig- the water to go on as soon as moisture falls below a level you preset on the controller. Any moisture level can be selected between saturation and completely dry. When soil moisture comes up to normal (or when the sensor is soaked by the mist emitter), the water turns off—unless you program the controller to leave it on for up to an extra minute.

Including sensor, controller, and transformer, the NewX Plant-Kare retails for $115. With an electric valve and drip irrigation tubes for container plants, it's $150. Multi-station units are also available. You can order direct from the manufacturer, NewX Products, 16300 Lavender Lane, Los Gatos, Calif. 95030.

NewX also offers a relay that will tie its sensor—or the Irrometer—to a time clock. □

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NORMAN A. PLATE

Grassy drive. *It's a lawn planted in concrete blocks, at Mauna Kea Beach Hotel. Landscape architects were Belt, Collins & Associates, Honolulu*

Lawn and concrete blocks get together in Hawaii

Concrete blocks and grass can combine to make a drive that is strong enough for a vehicle but looks like a lawn.

The concrete blocks (stock 8 by 8 by 16-inch size, 50 to 80 cents at building supply centers) are laid on a compacted base; their holes are filled with soil and planted with grass. It may not be right for your main driveway, but it's worth considering for guest parking.

Although the weight of the vehicles will be supported by the blocks, it's a good idea to fill them with loose soil mix that resists compaction. Use plugs or seed of a sturdy grass or grass blend that grows easily in your area (mow it as you would a regular lawn). You could also use a tough ground cover such as creeping thyme, dichondra, or even ajuga if traffic is very infrequent.

Similar lawn-plus-paving systems have been used for many years in Europe, and several firms in this country now offer various forms for the purpose. So have to be professionally installed; th are others you can put in yourself. Fo list of suppliers, write to Paving Edi *Sunset Magazine*, Menlo Park, Ca 94025; include a stamped ret envelope.

RAYMOND F. C

Blocks *were spaced up to 2 inches apart. Holes, spaces between blocks were filled with loose soil mix, then grass seed*

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more deluxe features you won't find on other air conditioning units.

Ask your Day & Night dealer which model is best for your home's air conditioning requirements. But be prepared.

Once he installs your Quietline Deluxe, you may never want to leave your house again.

day & night

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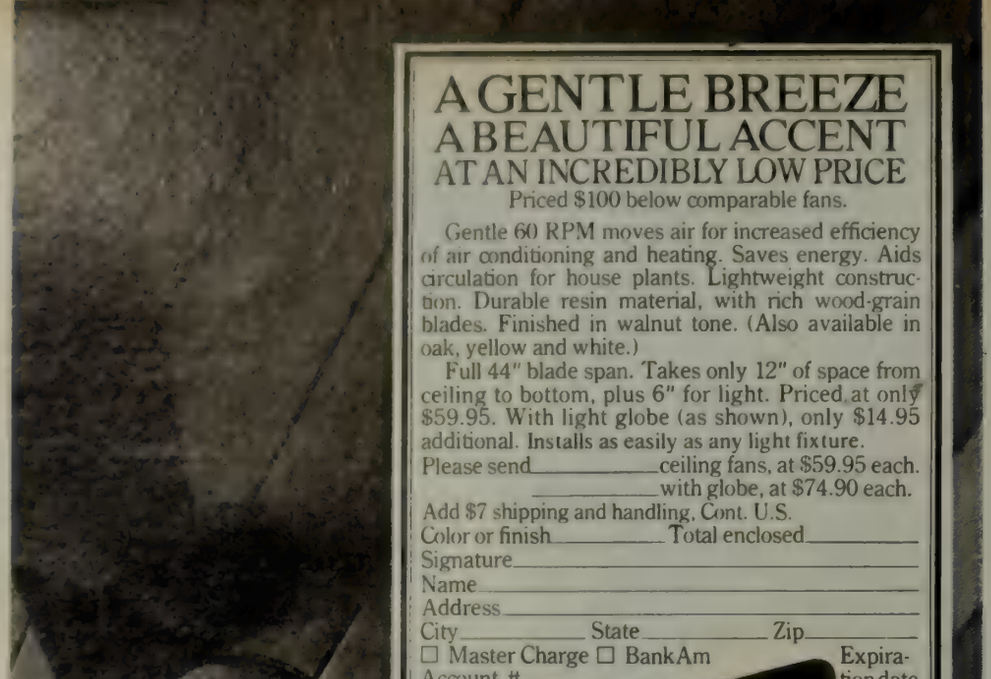

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GLENN CHRIS

Underground bins *hold compostable d*

How Jenny Tan hides her compo

Any garden can benefit from lo compost, but you may not want a p composting debris out in the open.

In her Honolulu garden, Jenny T solution was to put the pile below gr level, as shown above. Leaves and garden debris decay there into humusy material. It does take longer, and turning the stuff is a more difficult than in an orthodox p

The pit is 6 feet deep with two sep cubicles about 5 by 5 feet partition a wall of concrete blocks. The tw filled and used alternately. Top plan loosely so that Honolulu's frequent can seep through to keep the con moist. Drains in the bottom preven cess water from collecting.

To gather leaves, Mrs. Tam uses scoop shown below.

Cutout *5-gallon can, with sharp edges hammered back, is handy scoop*

"Let's face it, I'm certainly no expert on kitchen appliances.

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Three looks *at Cashmere cypress: in majestic maturity (left background), as an 8-foot tree in a 15-gallon nursery can (above), and in foliage detail (below)*

Cashmere cypress . . . watch for it

Finest of its kind in the world—that's the claim made for the huge Cashmere cypress growing on Isola Madre, an island in Lake Maggiore in northern Italy. Another contender for the championship is not likely to appear. No other cultivated example of equal size has come to light, and the tree has never been found in the wild, even in its presumed home—the Himalayas of Kashmir, in northernmost India.

Some botanists consider it a juvenile form of *Cupressus funebris* (weeping cypress) or *C. torulosa* (Bhutan cypress), but its true origin remains a mystery. For now it remains Cashmere cypress (*C. cashmeriana*).

Although a strikingly beautiful tree with its blue-gray foliage and weeping branchlets, it has always been rare, even in botanical gardens. It is now being grc by a northern California wholesaler, gardeners can expect to see plants pearing in retail nurseries that pı themselves on having the unusual.

Very old trees become broad and don like the one on Isola Madre, but yo trees remain perfect cones for m years. Foliage sprays, branch tips, leading shoots droop gracefully and bl about in the wind. Nevertheless, tr grow upright without staking (altho young plants just rooted will need sta until they reach 2 feet in height).

Limits of its winter hardiness are well known. Trees in collectors' gard have done well in Southern Califor and in the San Francisco Bay area. Tr in England have withstood temperatu in the teens but need summer heat.

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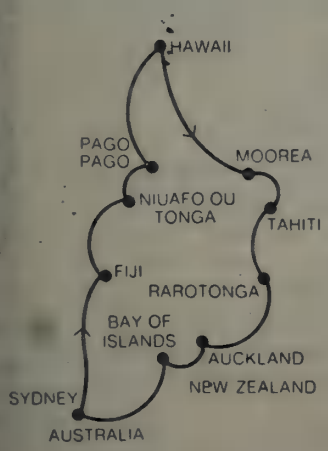

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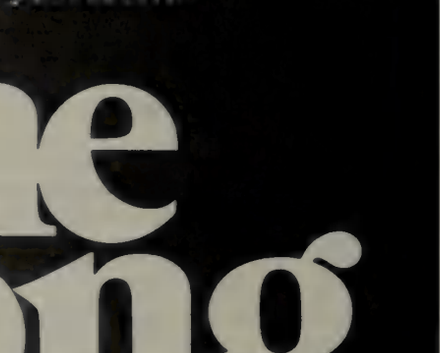

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Eureka. June 5. Thirteenth annual show presented by the Humboldt I Society. Place: Redwood Acres, 3 Harris St. Hours: 2 to 5. Free.

Cupertino. June 10, 11, and 12. Flo show presented by the Cupertino G den Club. Place: Vallco Fashion P Interstate 280 at Wolfe Rd. Hours: 9:30 Friday; 10 to 6 Saturday; noo 5 Sunday. Free.

Sacramento. June 11 and 12. Show the Sacramento branch, American Fu sia Society. Place: Shepard Garden Arts Center, 3330 McKinley B Hours: 2 to 8 Saturday; 10 to 6 Sund Tea served Sunday from 2 to 4. Free.

San Mateo. June 11 and 12. Second nual show by the Suburban African V let Friends. Place: San Mateo Gar Center, Parkside Way between 26th 27th avenues. Hours: 2 to 6 Saturd 10 to 4:30 Sunday. Free.

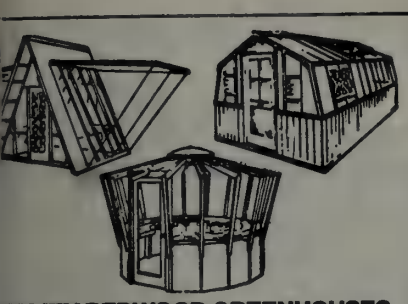
Stockton. June 11 and 12. Annual sl presented by the Stockton Cactus Succulent Society. Place: Webersto Mall, 4950 Pacific Ave. Hours: 10 t Saturday; noon to 4 Sunday. Free.

Millbrae. June 12. Annual show by Millbrae Recreation Bonsai Class. Pla Millbrae Recreation Center, 477 Linc Circle. Hours: 10:30 to 4.

San Francisco. June 18. Sale of fuch plants by the San Francisco bran American Fuchsia Society. Place: H of Flowers, Golden Gate Park, Ni Ave. and Lincoln Way. Hours: 10 to Expert growers will answer questions fuchsia culture.

Davis. June 22 through July 20. Wedn day evening seminars on home garc methods, materials, simple equipm construction, and ideas for grow plants without soil, sponsored by University of California Extensi Place: Room 108, Hoagland Hall, ca pus. Hours: 7 to 9. Fee: $25.

San Bruno. June 25. Sale of fuchsias a other outdoor plants presented by t San Bruno branch, American Fuch Society. Place: Tanforan Shopping Ce ter. Hours: 9:30 to 4:30.



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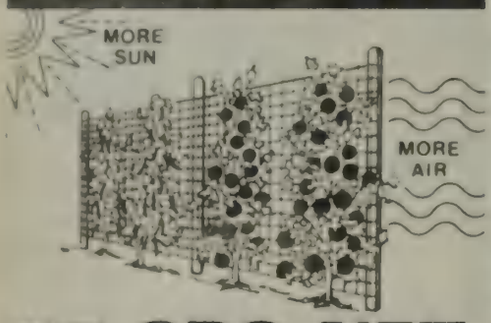

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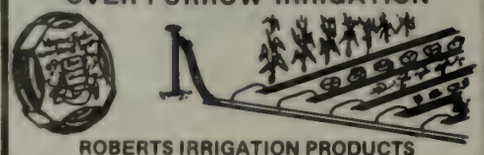

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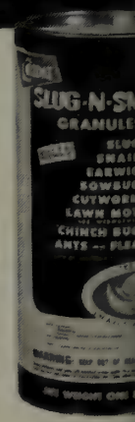

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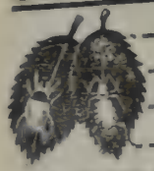

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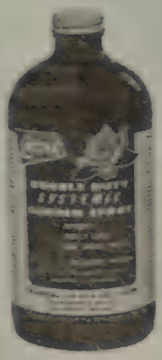

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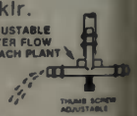

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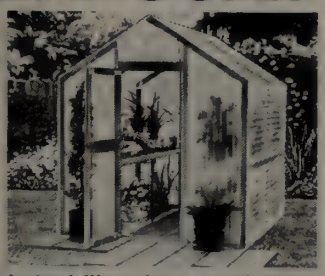

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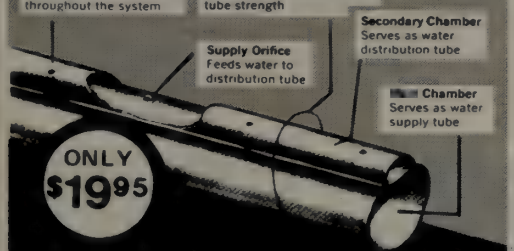

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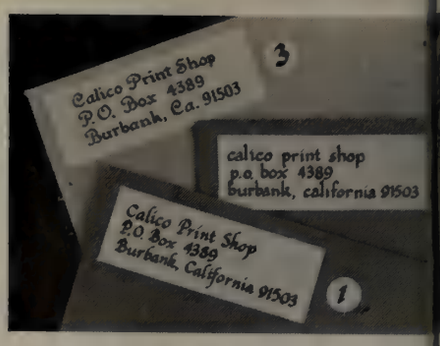

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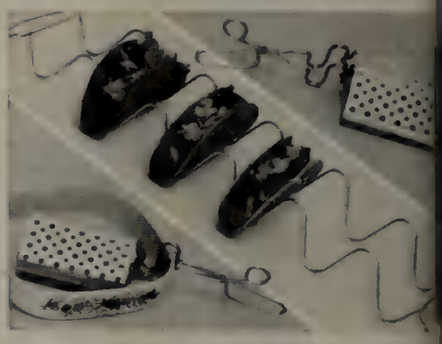

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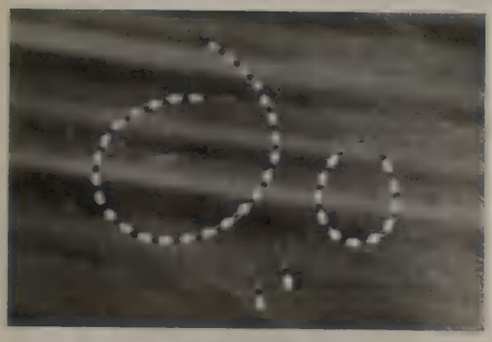

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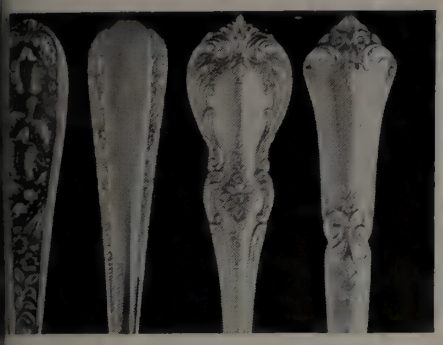

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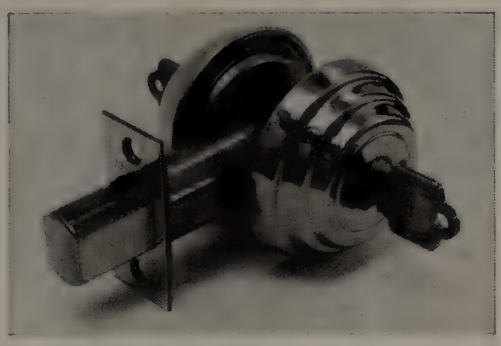

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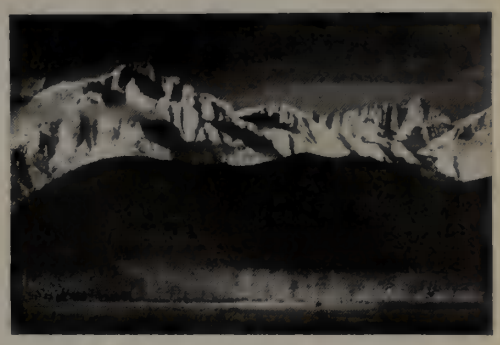

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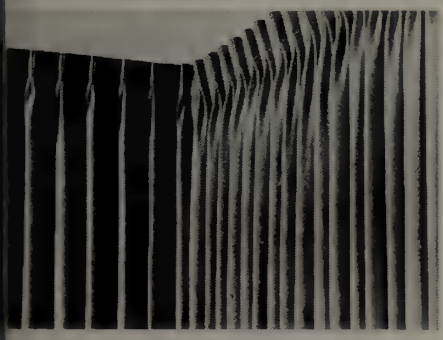

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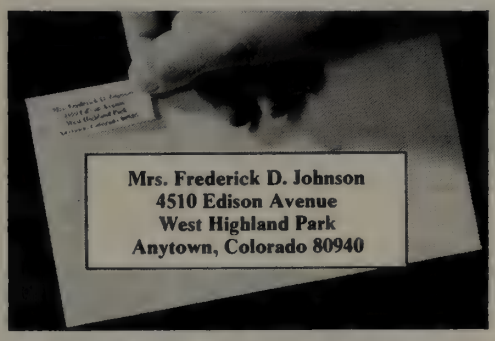

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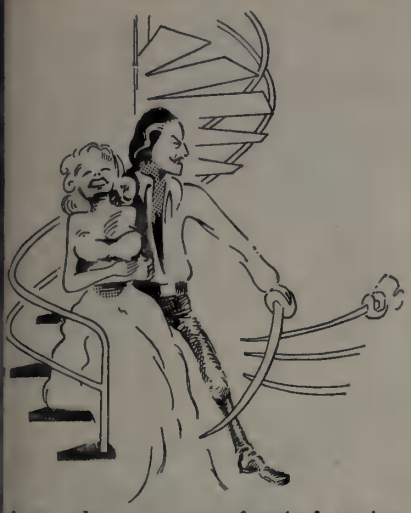

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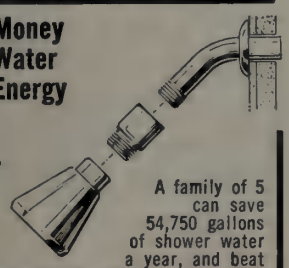

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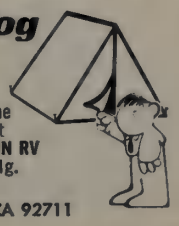

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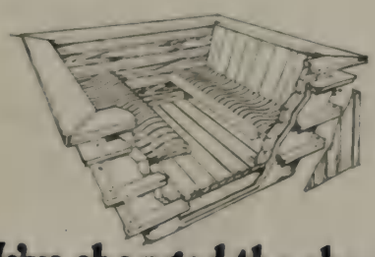

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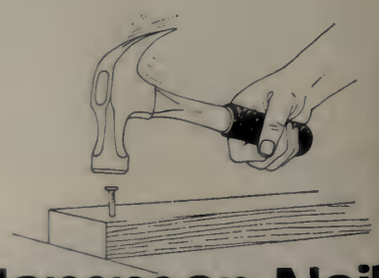

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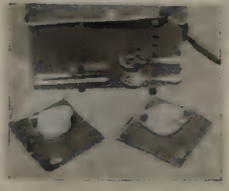

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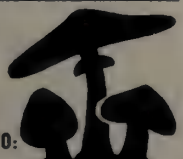

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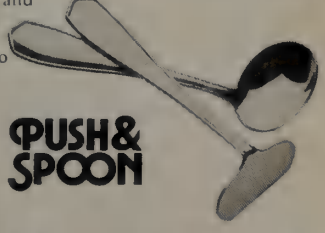

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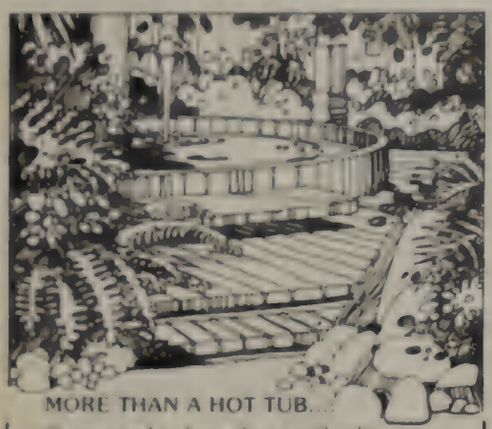

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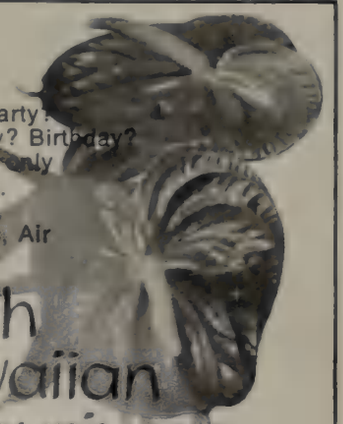

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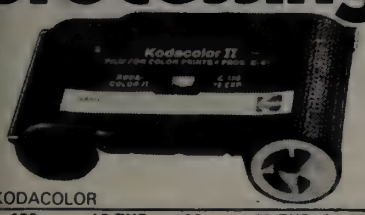

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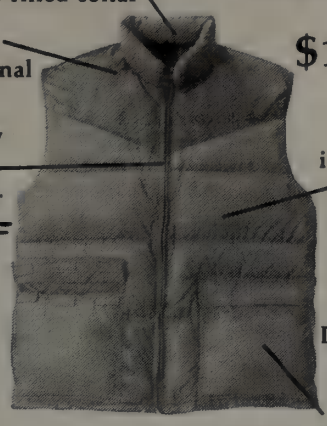

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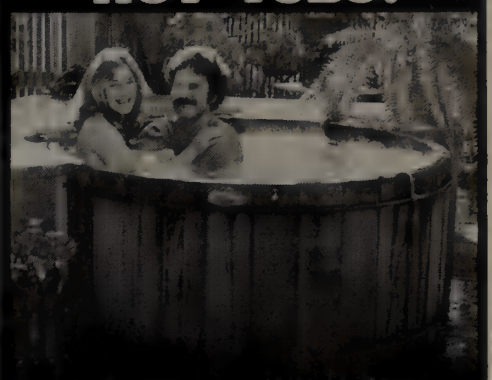

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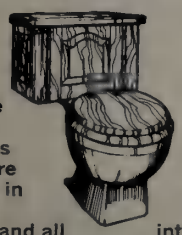

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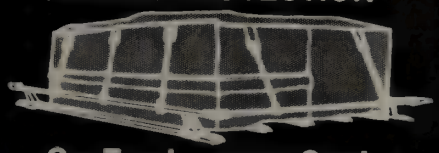

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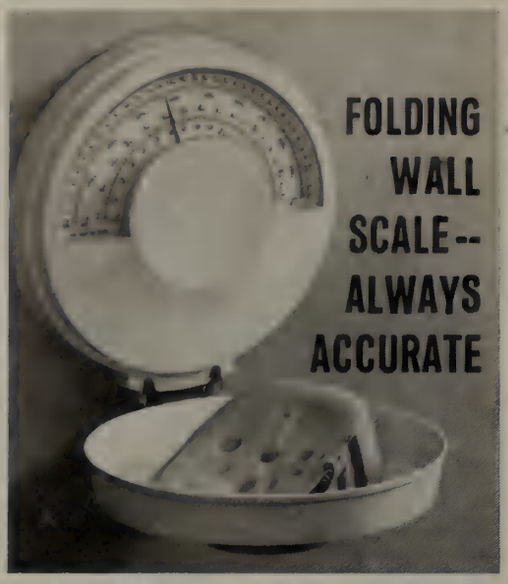

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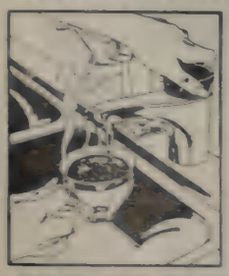

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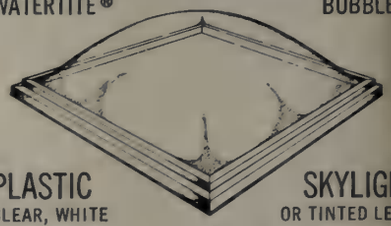

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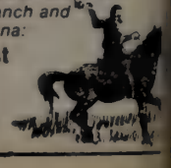

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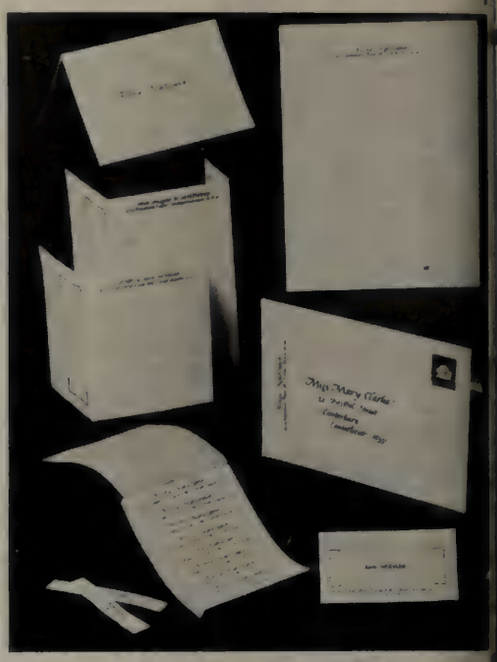

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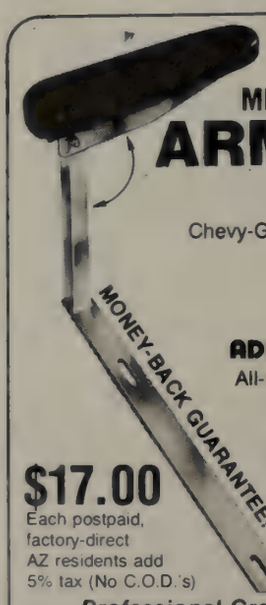

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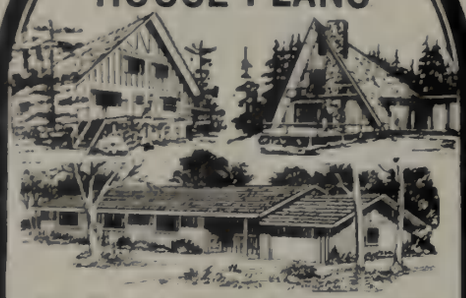

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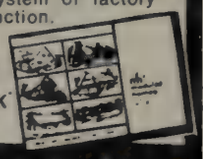

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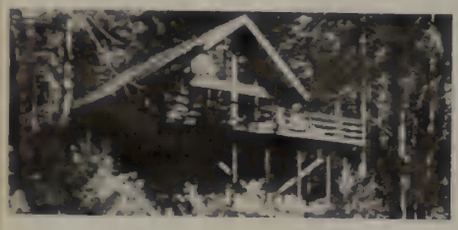

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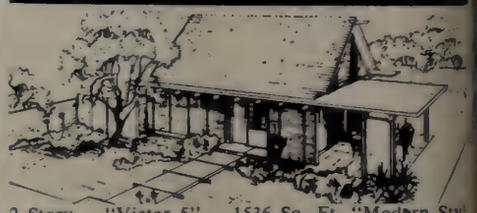

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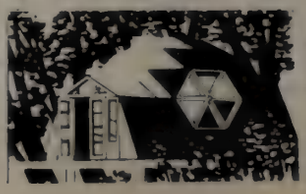

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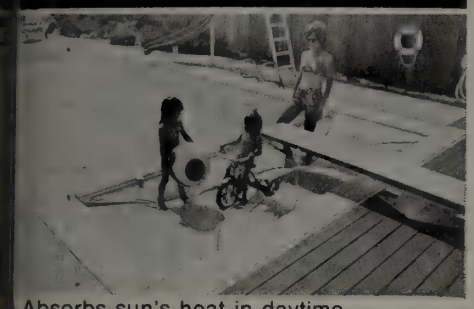

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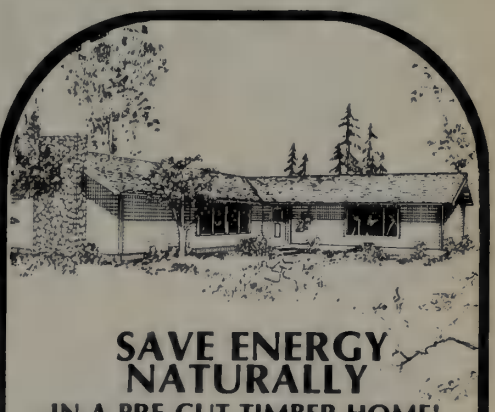

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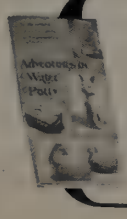

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Garage roof is a sunny "beach" and also a container vegetable garden

DON NORM

Sidewalk view *at right shows large cedar planters filled with vegetables. In the center of the flat roof, below, sunbathers stretch out in privacy. An inch of white gravel over the hot-mopped tar-and-gravel roof protects towels and baskers from any stickiness in summer heat*

All the planters' legs *are lengths of cedar 4 by 4 Shorter pieces on one side allow differences in level between rooftop and para*

When you like both to sun-bathe and to grow vegetables, and the only flat, sunny spot on your property is atop the garage, you should consider what Philip and Kappy Thompson of Portland did: They built six planters of cedar 2 by 6's and installed them around three sides of the garage roof. Planted with vegetables and flowers, they provide a productive garden as well as a basker's privacy screen.

Three sizes make an easy fit around the roof. Corner boxes are 1½ feet high, 3 feet square. The others are 2 and 3 feet high, 6 and 8 feet long. Architect Thompson didn't apply any finish to the cedar, leaving it to weather naturally. He lined the insides with 4-mil sheet plastic perforated on the bottom for drainage.

The weight of the boxes rests near the roof's outside edge—its strongest point —where the roof beams rest on the vertical studs of the walls. To lighten the load substantially, the planters are filled with vermiculite to within a foot of the top. Soil mix consisting of 3 parts finished compost to 1 part potting soil fills the top foot; each year the Thompsons take out the old soil and put in new. They use no additional fertilizer.

The six planters have been used to grow carrots, corn, dill, parsley, scallions, snow peas, squash, tomatoes, and zu chini, as well as marigolds, nasturtiun and zinnias for cutting.

Watering is done cautiously. Any exc drains out the bottom through the p forated plastic and the spaces betwe the cedar boards. As is the case w most flat roofs, this one has a slight pit to allow for runoff.

For anyone building similar plante Thompson recommends using 3½-in (16d) hot-dipped galvanized nails; th roughness keeps them more securely the boards and they are, of course, n resistant. Lag screws would also wo with the same results.

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LETTER FROM *Sunset*

The Alpine Lakes Wilderness ... antagonists compromise

1976 was a banner year for back-country preservation. A rec 1,900,000 acres in the Western states were added to the National Wild ness Preservation System. Nationwide, that sets aside some 12.8 mill acres as designated by the Wilderness Act of 1964—"untrammeled man . . . primeval . . . without permanent improvement or habitatio

California and Colorado gained the most in protected wilderness ac age. But one of the largest single additions was Washington's new Alp Lakes Wilderness—an environmental success story that concludes ye of bitter controversy. (For an early report on the controversy as well the area's attractions, see page 46 of the August 1973 *Sunset*.)

In the central Cascades just about 50 miles east of Seattle, the ne designated wilderness includes 303,000 acres carved from two natio forests. Another 90,000 acres will be added over the next three ye as private inholdings are acquired.

This private land—checkerboarded through the national forests—w the crux of the wilderness controversy. A legacy of 19th-century r road land grants along routes over Stevens and Snoqualmie pass much of the land is untouched by roads and well qualified for wilderness status that conservationists urged. But timber interests wan the holdings left available for future logging.

The knot was untangled when the protagonists met for private ta after the legislation stalled. The result was compromise: The wildern is smaller than some supporters would have liked. And while they sou a national recreation area or some other protective designation to s round the wilderness, the compromise legislation created an additio 527,000-acre multiple-use "management unit" where logging, other co mercial activities, and vehicle use will be allowed—with special effort protect recreational resources.

For their part, the timbermen consented to a much larger wildern than the 225,000 acres they suggested, and gave up logging rights some prime low-elevation valleys. The compromise was balanced enou to unite the conflicting interest groups behind the final legislation, w unanimous bipartisan support from Washington's congressional de gation and governor.

There are certainly some conflicts ahead: The Alpine Lakes area Washington's most popular high-mountain area, and public guidance w be needed as the Forest Service draws up its management plan ($ million has been authorized for land acquisition; some fear this may n be enough).

The Alpine Lakes experience shows that compromise with sacrifice c be more satisfactory for all sides than long and costly deadlock. It m be a useful precedent for untangling similar land-use conflicts elsewhe in the West.

WINDOW ON THE WEST: *Snow melt*

Just-melted snow forms a tumbling stream high in the Alpine Lakes Wilderness. Higher places like this, above 5,000 feet, will be blocked by snow for a while longer. But you can easily sample the area's rivers, lakes, forests, and lower peaks on a day-long drive out of Seattle. Interstate 90 and U.S. highways 2 and 97 take you around the edge of this spectacular country.

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He's brewing manure tea 166

The Cover Story

Just 15 minutes from their car, day hikers stroll a gentle trail flanked by wildflowers in Washington's Mount Rainier National Park. Relatively small, well roaded, and accessible, Rainier is one of the easiest parks to explore—either on foot or by car. Our story begins on page 60. Cover photograph by Keith Gunnar

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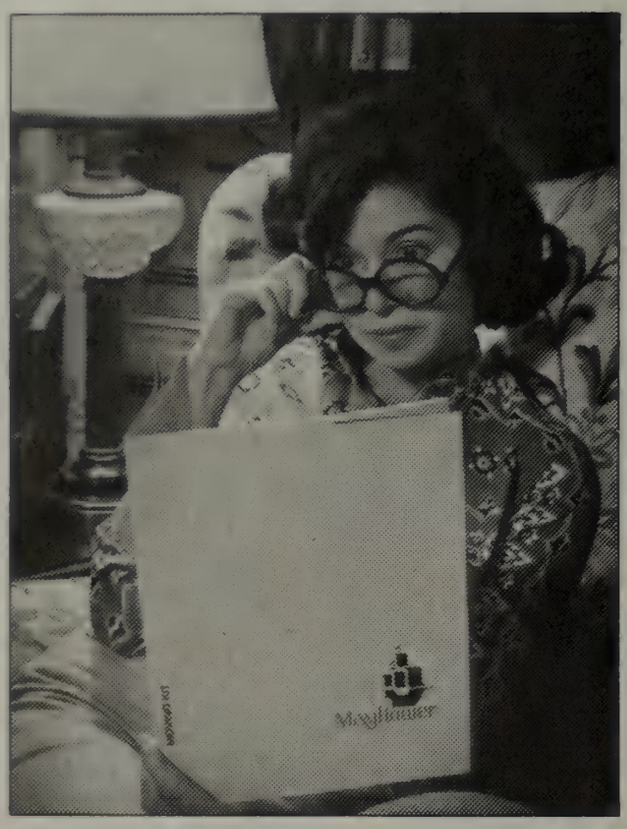
Alice Hampton couldn't put this book down for four weeks.



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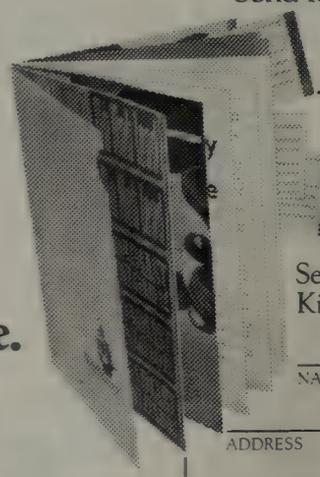

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JERRY FREDRICK

At placid *Stow Lake in Golden Gate Park, you row under branches and bridges, around Strawberry Hill*

Oars away—San Francisco Bay Area lakes, where you row, row, row their boats

Bulging biceps and a seaman's knowledge of ships are not required for rowboating. Unlike canoeing or sailing, it's a sport that doesn't ask much in the way of skill or special weather. Also, it's inexpensive and you can leisurely fish, bird watch, or take pictures from your boat.

In the Bay Area, eight lakes offer rowboat rentals for less than $3 per hour, including a life vest for each boater. All have year-round hours and are expected to remain open daily through the summer, assuming a minimal water-level drop. Boat renters must have proof they're over 16.

Lafayette Reservoir: ¼ mile west of Lafayette on Mount Diablo Boulevard. Hours are 6 A.M. to 8 P.M.; rates are $1.50 per hour, $7 per day; $10 deposit. The 114-acre lake is lined with tules and trees; you can dock boats for picnicking at tables.

Lake Chabot: on Lake Chabot Road east of San Leandro (2 miles east of Highway 580). Hours are 6 A.M. to 5 P.M.; rates are $1.50 per hour, $6 per day; $5 deposit. This 340-acre lake sits in oak-covered hills.

Lake Del Valle: 7 miles southeast of Livermore on Del Valle Road. Hours are 6 A.M. to 7 P.M.; rates are $3 per hour, $8 per day; $4 deposit. You can beach boats to picnic on the grassy shoreline of this 800-acre lake.

Lake Merced: Harding Road, San Francisco. Hours are 6 A.M. to 8 P.M.; rates are $1.50 per hour, $7 per day; $10 deposit. Good trout fishing now and bird watching at wide, tule-ringed 386-acre lake.

Lake Merritt: Lakeside Drive, Oakland. Hours are 9 A.M. to 6 P.M.; rates are $1.25 per hour; $5 deposit. Cityscape and water's-edge band shell provide notable scenery at this 150-acre manmade lake.

Pinto Lake Park: Green Valley Road, Watsonville. Hours are 6 A.M. to 8 P.M.; rates are $1 per hour, $5 per day; driver's license or other identification will serve as deposit. At this 70-acre lake there's a sandy beach area where you can pull in for

Floating *obstacle course at Vasona Lake in Los Gatos is final test for Saturday rowboating class*

Sunset *The Magazine of Western Living* • *July 1977*

Mount Rainier by foot, even by air

Last winter's mild weather has left Washington's lofty Mount Rainier more accessible to visitors than at any time in the last two decades. So it's a good time for us to feature it with a cover story—our first major article on the mountain since June 1954.

Seattle-based assistant editor Jim Poth (right) scouted and photographed Rainier in much the same way that you can enjoy the park this summer—on a series of easy day hikes. He fished the streams, explored the trails, got close to the glaciers, and talked with park officials about Rainier's back-country management plan. Then he added perspective to his research with two low-level small-plane flights over the park.

For our report on the Rainier experience, turn to page 60.

Ice ax in hand, *Sunset editor hikes Emerald Ridge near Tahoma Glacier*

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picnicking. Fishing for bass, catfish, bluegill.

Stow Lake: off John F. Kennedy Drive, Golden Gate Park, San Francisco. Hours are 9 A.M. to 4 P.M.; rates are $3 per hour for two, 50 cents for each added passenger; $1 deposit. Doughnut-shaped lake in pretty setting with trees, stone bridges, sea gulls, and ducks.

Vasona Lake: Blossom Hill Road, Los Gatos. Hours are 10 A.M. to 8 P.M.; rates are $3 per hour; $5 deposit. Rowboating classes from 10 to 11:30 each Saturday morning cover safety, techniques, and obstacle course maneuvering for $1.50.

Arts in Salt Lake City parks

This summer, free programs will again turn several city parks into showcases for the arts—music, dance, and theater—in Salt Lake City. The Arts 'n' Parks idea was introduced last year by the joint efforts of the city parks department and the Salt Lake Council for the Arts. It met with such success that the program has been expanded this year to include these sites and performances:

Lindsey Gardens (11th Avenue and M Street): folk festival, July 9, 2 to 6. *Sugarhouse Park* (21st South and 13th East streets): children's theater, July 20, 10 to 2. *Liberty Park* (9th South and 7th East streets): jazz concert, August 6, 2 to 6, and Mormon Youth Symphony and Choir, August 10, 10 to noon. *Jordan Park* (8th West near 9th South streets): music festival, August 20, 2 to 6.

Summer art fair at new winery near Livermore, California

When the 1887 Ruby Hills Winery in Pleasanton was sold in 1971, many people thought the historic structure would fall before the bulldozers. But 18 months ago the three-story brick structure and its vineyards were restored and the name became Stony Ridge Winery.

The new owners have brought out a Zinfandel and a Pinot Chardonnay and will soon produce more varietals. This month you can tour the winery and visit the tasting room each weekend, and stroll through an outdoor art show and sale on July 16 and 17, from 10 to 7. The tasting room is open from 11 to 6 on weekends, and hourly tours are given.

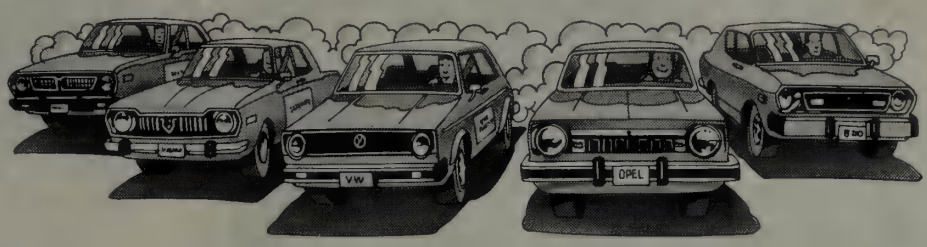
To get to Stony Ridge Winery, at 1188 Vineyard Avenue in Pleasanton, take the Sunol-Pleasanton exit from Interstate Highway 680 and go east on Sunol Boulevard (becomes First Street); turn right on Vineyard Avenue and drive 4 miles.

Music, films, crafts at Lake Tahoe

A new week-long festival of crafts and performing arts will be held at the El Dorado County Campground and South Lake Tahoe High School July 9 through 16. There'll be mimes, puppeteers, singers, and 100 artists' booths at the campground each day, plus theater, ballet music, and films at the school each night

(Continued on page 8)

Thrilling conclusion of



Buick Opel 5-Car Showdown.

Opel finishes...

uh...2nd.

GM
MARK OF EXCELLENCE

If you're in the market for a small imported car, you're probably looking at cars like the VW Rabbit, the Toyota Corolla, the Datsun B-210 and the Subaru DL.

But how about the Buick Opel?

That's what we thought. And that's the trouble. We know the Opel is a little dynamo of a car. But apparently very few of you even know it exists. Much less what it can do.

Thus, The Buick Opel 5-Car Showdown. In which we pitted our tough, talented Opel against four of its better known competitors in daring, fender-to-fender comparisons. Comparisons that would answer a lot of the questions that are probably on your mind. Like which car accelerates quickest? Which cars get the best EPA mileage ratings? Which corners flattest? Which is quietest and roomiest inside? Stuff like that.

To make sure the results would be fair and unbiased, we enlisted the aid of an independent engineering firm and an editor from *Car and Driver* magazine to oversee the procedures and review the data. All test cars were equipped as much alike as possible: all had 4-speed manual transmissions, available air conditioning, radial tires and a healthy complement of options. And the tests were conducted at the General Motors Desert Proving Grounds in Mesa, Arizona.

You may have seen our ads in your local newspaper, where we've been reporting the Showdown results on a regular basis. But in case you haven't or have missed some, here's what we've been up to.

SHOWDOWN #1: HUMAN ENGINEERING

Rabbit jumps ahead, takes first place.

	Interior Noise	Interior Room*	Total Showdown Points
	(Showdown Points)		
1. VW Rabbit (1600cc) Hatchback 2-dr. Sedan	5	5	10
2. Toyota Corolla (1600cc) Deluxe 2-dr. Sedan	5	4	9
3. Buick Opel (1800cc) Deluxe 2-dr. Coupe	5	3	8
4. Subaru DL (1600cc) Deluxe 2-dr. Sedan	5	2	7
5. Datsun B-210 (1350cc) Deluxe 2-dr. Sedan	5	1	6

*Using EPA procedures we calculated front and rear seat volume estimates. (Head x shoulder x leg room). A total passenger volume estimate resulted.

Here we focused on an area of traditional weakness in small, imported cars: creature comfort. In other words, how quiet, how roomy, and how generally good our test cars are at making life pleasant for their occupants.

The Interior Noise Test turned out to be too close to call, so we awarded each car five first-place points. But Rabbit's good showing in the Interior Room contest gave it first overall in the initial showdown. Opel, as you can see, finished third here.

So while we weren't exactly thrilled with Opel's third place finish, we did manage to beat two of our better-known competitors.

SHOWDOWN #2: UTILITY

Opel bounces back to grab victory.

	Trunk Capacity*	Pulling Power**	Parking Lot Maneuverability***	Total Showdown Points
	(Showdown Points)			
1. Buick Opel	3	5	5	13
2. VW Rabbit	5	3	3	11
3. Toyota Corolla	2	4	4	10
4. Subaru DL	4	2	2	8
5. Datsun B-210	1	1	1	3

*Results based upon mfr. est's provided by the EPA.
**Measured pulling capabilities for (1) 30 mph (3rd gear) and (2) 55 mph (4th gear)
***Results based upon: (1) Measuring steering effort with the car standing still. (2) Measuring steering effort with the car moving at 10 mph. (3) Mfr. published turning diameters (Subaru measured).

The function of this Showdown was to test functionality: which car has the biggest trunk, which car is easiest to park, which has the best pulling power. The results were most gratifying.

The Rabbit, with its hatchback, easily took trunk capacity honors. But our intrepid little Opel outmaneuvered all the others in parking ease (where we measured two kinds of steering effort and calculated turning diameter) and received the highest grades in what the engineers call "gradability" (or what you'd probably call "pulling power").

And that pulled Opel into a first-place tie with Rabbit after two showdowns. Most gratifying, indeed. Especially for a little car you might not even have been considering.

SHOWDOWN #3: OPERATING EFFICIENCY

Toyota and Datsun tie for first; Opel—Gulp!—Last.

This was not our favorite event. Opel, with the biggest engine (1800cc) of all five cars, showed 27 miles per gallon* (based on EPA combined estimates: 55% city/45% highway). But it wasn't good enough.

Opel's bigger gas tank helped it do well when we measured Range (or how far a car can go on a full tank of gas), but not as well as Subaru and Toyota, who tied for first. And when we compared recommended maintenance schedules for 37,500 miles of normal driving, Opel (8 recommended visits) finished behind Rabbit (6 visits), and Datsun and Toyota (7 each).

All of which adds up to a first-place tie between Toyota and Datsun, with Opel—ahem—bringing up the rear, and dropping to third overall after three showdowns. As we said, this was not our favorite event.

	Combined Mileage Est. *	Combined Range Est. **	Recommended Maintenance Stops ***	Total Showdown Points
	(Showdown Points)			
1. Toyota Corolla (EPA est. 39 hwy/28 city/32 comb.) (13.2 gal. tank)	4	5	4	13
1. Datsun B-210 (EPA est. 41 hwy/29 city/34 comb.) (11.6 gal. tank)	5	4	4	13
2. Subaru DL (EPA est. 41 hwy/28 city/32 comb.) (13.2 gal. tank)	4	5	2	11
3. VW Rabbit (EPA est. 37 hwy/24 city/28 comb.) (11.0 gal. tank)	3	2	5	10
4. Buick Opel (EPA est. 36 hwy/23 city/27 comb.) (13.7 gal. tank)	2	3	3	8

*Based upon EPA combined estimates (55% city/45% hwy). All vehicles equipped with standard 4-speed manual transmissions. Actual mileage may vary with driving habits, the condition of the car and its equipment.

**Based upon multiplying EPA combined mileage est. by gas tank capacity as published by each manufacturer. Actual range may vary.

***Based upon the number of recommended maintenance stops as outlined by the mfr. The number and type of recommended inspections, adjustments and replacements would vary by visit. The less frequent the number of dealer visits, the higher the score.

SHOWDOWN #4: ACCELERATION, PULLING POWER, CORNERING FLATNESS, STEERING QUICKNESS

The fourth event was close; Rabbit and Opel outrun the pack.

This, however, could very well be our favorite event. Because the first thing most people want to know about any car is, "What'll she do?"

How fast does it accelerate? How's it corner? How sensitive is the steering? And—for Opel—the answer to all of these questions is, "Quite well, thank you."

So well, in fact, that our surprising little Opel was barely nosed out by a car much ballyhooed for its prowess in these areas, the VW Rabbit.

Our Acceleration Test clocked three capabilities (0-55 mph, 20 to 35 mph., and 30 to 70 mph.), and Rabbit beat the clock every time. But Opel—yes, Opel—pulled down a solid second place.

In the Gradability test, (the ability to climb a hill) Opel finished second. But Opel showed the way around turns, exhibiting (along with Datsun) the least body lean in the Cornering Flatness Test (assuming, of course, that flatter is preferred—if not, switch the order in the chart); and tied with Toyota, Rabbit and Datsun for first place when we measured Steering Sensitivity or quickness.

	Acceleration *	Pulling Power **	Cornering Flatness ***	Steering Quickness ****	Total Showdown Points
	(Showdown Points)				
1. VW Rabbit (1600cc) (1945# Avg. Curb Wt.)	5	5	4	5	19
2. Buick Opel (1800cc) (2193# Avg. Curb Wt.)	4	4	5	5	18
3. Toyota Corolla (1600cc) (2190# Avg. Curb Wt.)	3	3	3	5	14
4. Subaru DL (1600cc) (2031# Avg. Curb Wt.)	2	3	4	4	13
4. Datsun B-210 (1350cc) (2047# Avg. Curb Wt.)	1	2	5	5	13

*Based upon: (1) 0-55 mph (2) 20-35 mph (3) 30-70 mph

**Based upon pulling capabilities for: (1) 30 mph (3rd gear) and (2) 55 mph (4th gear)

***Based upon opinion that less lean is preferable to more lean

****Based upon: (1) measuring lateral acceleration and (2) calculating the resultant circle diameter (per 100 degree steering wheel angle @ 30 mph)

AND THE WINNER IS...

Let's put it this way: we didn't win. Well, alright, if you insist, we'll put it this way: Rabbit won.

But not by much. As you can see in the final point totals, the VW only beat our Opel by three points (with Calif. emission equipped cars: four points). And Opel did finish ahead of three highly regarded opponents in the areas we tested.

So if the point of this whole 5-Car Showdown was to convince you that our Opel could hold its own against better-established competitors . . . that Opel should definitely be considered when you wander out to shop . . . well, we think we've made it.

Results will vary in California.

THE BUICK OPEL 5-CAR SHOWDOWN.

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THE NEW OTANI IS HERE

The New Otani
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LOS ANGELES

It's all sponsored by the city of South Lake Tahoe to raise funds for a performing arts center.

Evening dates and programs are: July 9 and 10, comic opera and one-act ballet; July 11, chamber music; July 12, jazz concert; July 13 and 14, international short films; July 15 and 16, a play—*Oh Dad, Poor Dad, . . .*

The campgrounds are at U.S. Highway 50 and Rufus Allen Boulevard. Booths will be open 10 to 7 daily. Admission is $1 for adults, 50 cents for children under 12. Curtain time for evening programs at the high school (on Viking Road off Lake Tahoe Boulevard) is 8:30. Admission is $2.50 for adults, $1.50 for children.

A breezy hike in the East Bay hills

A new 600-acre parcel has been joined to Las Trampas Regional Wilderness near Danville, adding picnic facilities and public riding stables to this largely undeveloped East Bay park.

You can rent a horse ($4.50 per hour) and ride a loop trail along shady Alder Creek in the 2,500-acre park or walk up the main road and head south on the Upper Trail and out to the Wind Caves.

The park's lower reaches are hot in summer, so you'll need to bring plenty of water to hike there. The main trail, however, climbs quickly up to the 1,760-foot level where buffeting winds cool the hiker and make kite-flying a year-rou possibility.

Though the park stayed open all l year, closure during this summer due fire hazard is a possibility; call the E Bay Regional Park District office ahe to check: (415) 531-9300. To get to t park, take Interstate Highway 680 to t Crow Canyon Road exit and go we turn right on Bollinger Canyon Ro and go 4½ miles to the park entrance.

STEVE W. MAR

Steep climb *up main road in Las Trampas park leads to breezy trails, wide vistas*

For travel planners, a July check list

Overland expeditions. The adventurous traveler will have time for leisurely exploration on expeditions to Central or South America, Africa, Morocco, Europe, or Asia. For example, on the 11-week journey from London to Katmandu aboard special four-wheel-drive vehicles, there's ample time to get to know the people, history, and natural history of each area. Land transportation, tent accommodations, and meals are included in the $1,020 cost (air fare is additional). For information, write to Encounter Overland of California, 369 Pine St., Suite 516, San Francisco 94104.

Western tours. Tours in Montana, Wyoming, and North and South Dakota are offered through the summer months. One eight-day outing departs Billings, Montana, visits Custer Battlefield National Monument, then heads for Wyoming to see Sheridan, a rodeo at Cody, Yellowstone and Grand Teton national parks, and Jackson. There's also a float trip down the Snake River. The $492 cost includes tour, lodging, and most meals. For details, see a travel agent or write to Western Travel Merchants, Box 1570, Cody, Wyo. 82414.

Arctic excursions. Through September you can join fishing and other expeditions to Baffin Island in Canada's eastern Arctic. On one nine-day outing you'll visit Frobisher Bay and the Eskimo village of Pangnirtung where you can fish, hike, and sample village life. The $1,175 cost includes air fare from Montreal, accommodations, tour, and meals. For details on this and other tours, contact Consolidated Tours, 550 Sherbrooke St. W., Suite 480, Montreal, Canada; or see your travel agent.

Scandinavian architecture tour. On August 5 you can join a 15-day excursion to Helsinki, Stockholm, and Copenhagen. The tour emphasizes city planning, architecture, crafts, and design. There is also a cruise and two-day visit to Leningrad. The $1,800 cost includes round-trip air fare from the West Coast, lodging, and some meals. For information, see a travel agent or write to Travel Dimensions, 3442 Sacramento St., San Francisco 94118. ▪ □

What a travel agent can do for you: Provide information on tours; reserve space on air, rail, bus, and steamship lines; make hotel, ranch, and resort reservations; take care of trip planning, including side trips and special events. Travel agencies do not charge for arranging transportation or package tours, but do charge for "custom" tour service.

Sunset School & Camp Directory

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Index of Directories

School and Camp Directory is the first of five Directories which appear regularly in each issue of SUNSET Magazine. The other four Directories are:

TRAVEL DIRECTORY
beginning page 11

GARDEN CENTER
beginning page 159

WESTERN GROCERY DIRECTORY
beginning page 112

SHOPPING CENTER
beginning page 163

Squaw's new Olympic center

America's first Olympic Training Center comes to life this month at Squaw Valley, California—home of the 1960 Winter Olympics. Besides the official grand opening there will be a Pan-American junior women's basketball tournament.

Date of the opening ceremonies had not been set by our press deadline, but center director Lew Whiting is predicting late July, with some Olympic medalists in attendance. Watch for an announcement in your newspaper. Or call the center at (916) 583-1501 or the North Lake Tahoe Chamber of Commerce at (916) 583-2371.

International basketball tournament

Teams of women, age 20 or under, from Brazil, Canada, Mexico, Peru, Puerto Rico, the United States, and possibly Cuba will compete July 5 through 9 in Blyth Arena, Squaw Valley's skating rink. Morning and afternoon games will be free. At evening games, adults pay $3; age 11 and under, $1. (Squaw Valley, just off State Highway 89, is a 15-minute drive north of Tahoe City.)

This is only a beginning

Within a year, Squaw Valley should be a center for summer and winter Olympic training in swimming, field hockey, women's basketball, yachting, canoeing, rowing, skiing, ice hockey, figure skating, soccer, and possibly other sports. The public may watch training sessions at the discretion of the individual coaches. When you're in the Tahoe area, call the numbers listed above to learn what you can see.

In the next several years, Squaw Valley also is expected to be the site of more international sports competitions.

Private and public support

Supported by donations from industry and individuals, Squaw Valley is the first of four proposed regional U.S. Olympic training centers. Young athletes recognized as potential Olympians by national sports associations will get free board and room while they train. Previously, they have had to pay their own expenses while training, and many have had to train on their own.

Federal funds will not directly support these programs, but it's hoped that the government will help pay for some new facilities. Within four years, expansion at Squaw Valley may include an outdoor multipurpose field for soccer and field hockey, a 400-meter track, a speed-skating oval, and the complete enclosure of Blyth Arena. □

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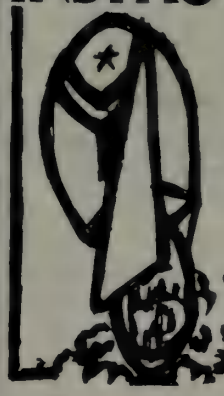

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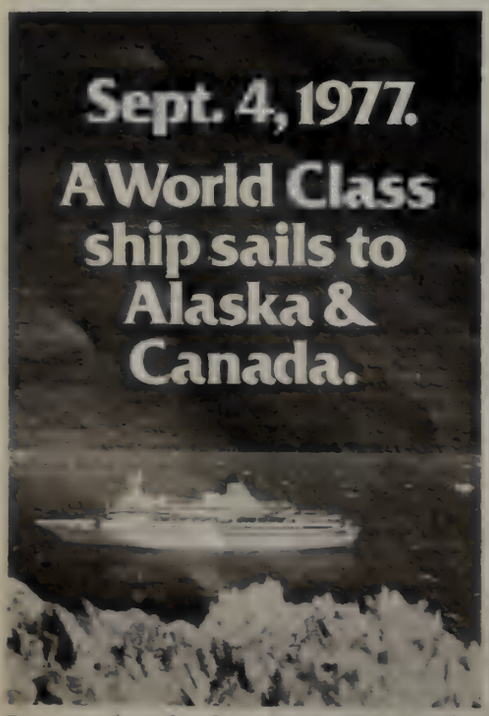
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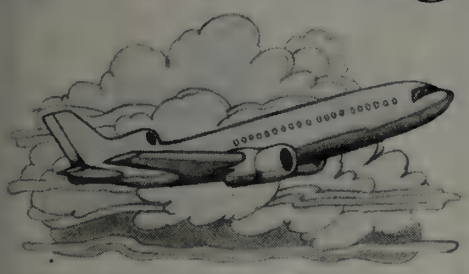

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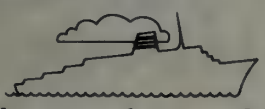

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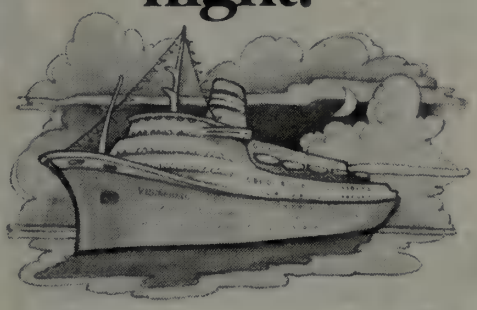

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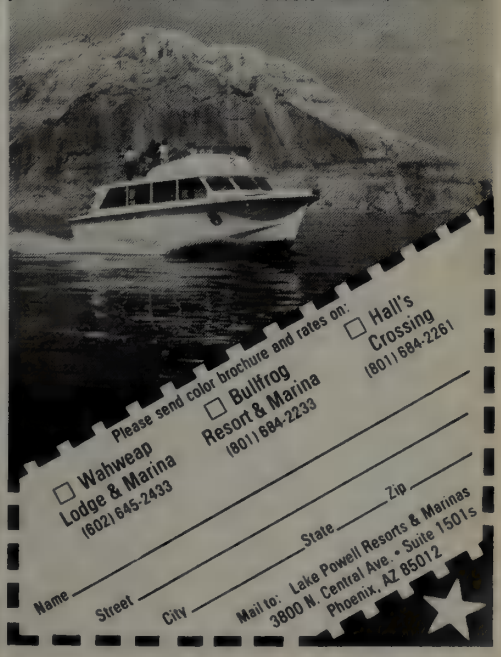

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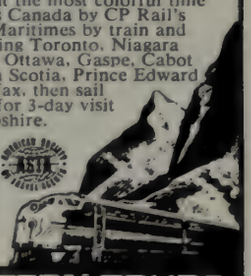

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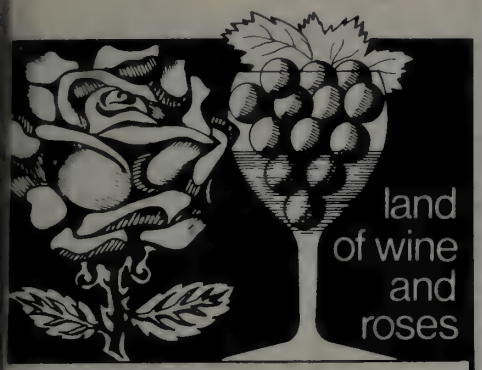

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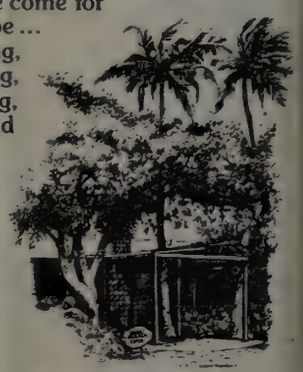

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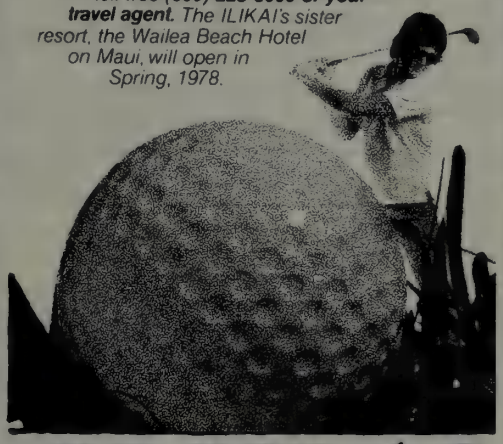

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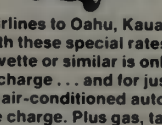

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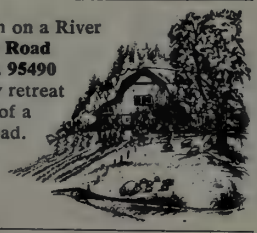

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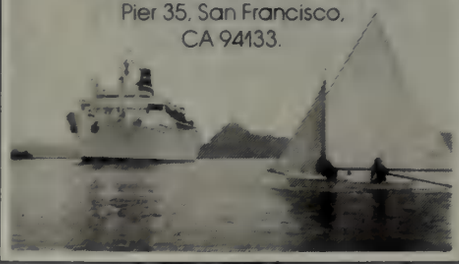

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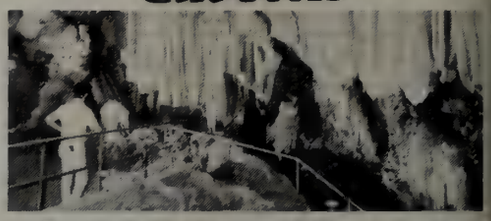

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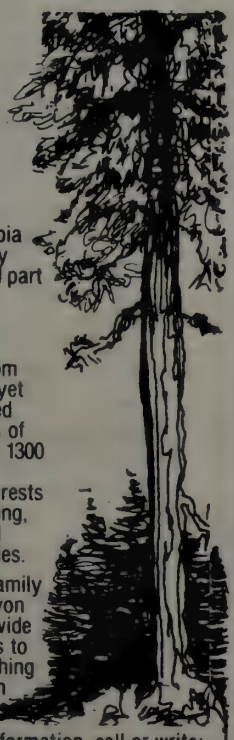

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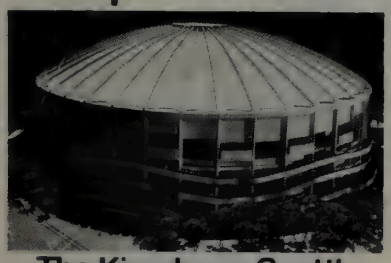

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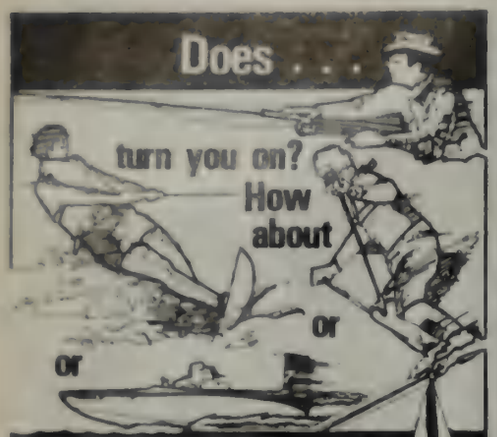

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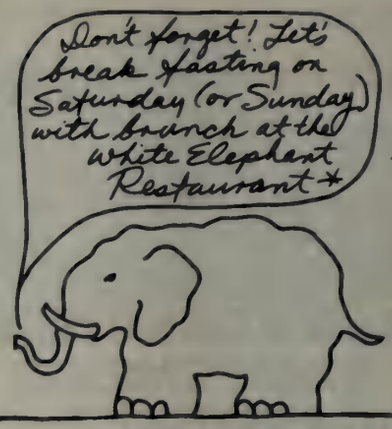

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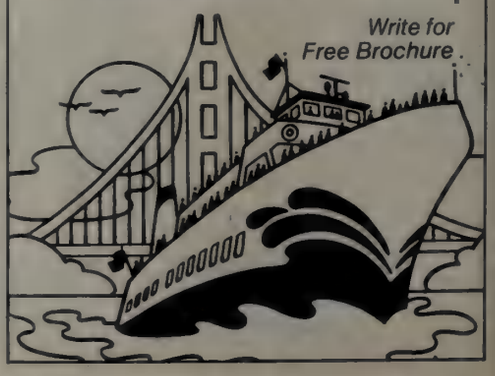

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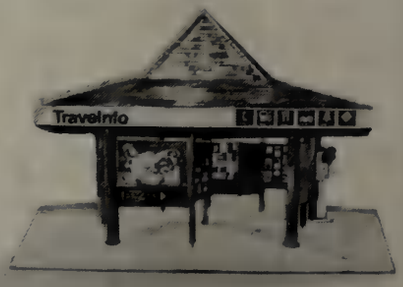

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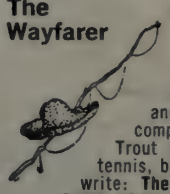
The Wayfarer



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Oregon

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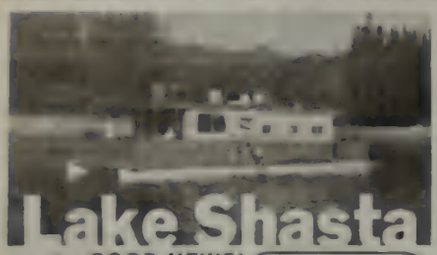
Houseboats



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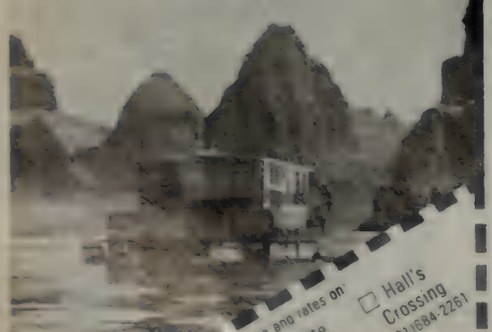

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AQUA-CRUZ

Silver-inlay saddle *is a showpiece at Buffalo Bill Historical Center*

The old West in Cody, Wyoming

The wild West and its art, history, and weaponry are recaptured at an extensive four-museum complex in Cody, Wyoming. On the main highway to the eastern entrance of Yellowstone National Park, the Buffalo Bill Historical Center is well worth a stopover, and recently an important collection was added.

In the newest of the four museums, you'll see the Winchester gun collection—a 5,000-piece exhibit, begun in 1860, that includes a four-barreled handgun made around 1450, a brass Gatling gun, and early Winchester repeaters.

A two-story glass wall illuminates the Whitney Gallery of Western Art, housing a large exhibit of works by Frederic Remington and Charles Russell. The Plains Indian Museum contains tools, weapons, and ceremonial costumes.

And Buffalo Bill Cody's days as a Pony Express rider and buffalo hunter, then later as head of a Wild West show, provide much of the memorabilia in the Buffalo Bill Museum.

The historical complex is at Sheridan Avenue and Eighth Street (Interstate Highway 20) in Cody. Hours are 7 to 10 daily June through August, 8 to 5 daily May and September, 1 to 5 daily (except Mondays) in March, April, October, and November; closed December through February. Admission is $1.50; 75 cents for children under 15. • □

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Backstage at the Santa Fe Opera . . . reservations-only tours

Young alchemists *transform plywood fluting to gold at opera workshop*

TERRY EILER

Designer identifies props *from various operas: ornate light standards from La Traviata party scene, gothic painting from The Marriage of Figaro*

Rehearsals continue below *while tour group inspects stage and orchestra seating from theater mezzanine*

Flowing tunic *for Greek chorister is artfully draped by theater seamstress*

A tour of the Santa Fe Opera Theatre gives you a backstage peek at the electronic equipment and artistic talents that yield the illusions of grand opera: Mozart's bejeweled Queen of the Night descending to center stage on a moonbeam, or the tattered shrouds of Wagner's Flying Dutchman looming against a star-flecked horizon.

Especially at Santa Fe's curtainless open-air theater, where the multilevel open-ended stage is exposed to view from overture to finale, sets are ingeniously designed for great economies in movement. A quarter-turn of a major prop, new lighting, and a slight reshuffling of scenery can create an all-new set.

Scene changes are accomplished with such imaginative bits of stage business that the audience frequently stays to watch throughout the intermission. Last summer during a scene change for *The Marriage of Figaro,* one set dresser's machinations brought the audience to its feet in spontaneous applause.

The people who put together these bits of magic are the set, "prop," and costume designers and their busy crews of carpenters, painters, and wardrobe specialists. During your tour you'll see them at work creating Roman armor from papier-mâché or constructing a Renaissance garden from bits of tulle and polystyrene foam. You'll visit the basement morgue where sets from other years are kept, and you may see performers rehearsing a current production.

Guided tours of the Santa Fe Opera Theatre are by reservation only each Monday, Wednesday, and Saturday at 10 and 2, from July 9 through August 27. Cost is $1 per person. Write to Opera Box Office (Box 2408, Santa Fe 87501) or call (505) 982-3851 for confirmation. Special tours can be arranged for groups with a particular interest in theater arts.

The 1977 opera program is Nino Rota's *The Italian Straw Hat* (American premiere), Verdi's *Falstaff,* Debussy's *Pelléas et Mélisande,* Umberto Giordano's *Fedora,* and Mozart's *Cosí fan tutte.* □

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SUSAN BIDDLE

Colorado granite *faces the outside of Denver's mint, built in 1903 and still operating as a coin producer*

PATRICIA J. BERG

Pyramid of gold—*$1 million display of bullion is popular at Denver's mint and at San Francisco's, where 71 bars are circled by Mother Lode nuggets*

Last of the Western mints ... Denver, Carson City, and San Francisco

Gleaming gold bars worth $1 million and massive presses stamping out 1,250 coins per hour are among the things you might see at a U.S. mint. There are three left in the West: Denver is still producing coins. San Francisco's mint closed in 1937; it has now been restored as a museum. The third—at Carson City, Nevada—closed to minting in the 1890s and is now part of the Nevada State Museum.

All three are historic buildings—two over 100 years old. At each you can take a free guided tour and buy commemorative coins.

The old mint in San Francisco. Here you'll see a collection of antique coin-making equipment, a cache of Western coins worth about $1 million, and a stack of 71 gold bars—each weighing 400 ounces—also valued at $1 million.

Built in 1874 in the classic-revival style, the mint has recently been fully restored. The stylish old building now also houses several Victorian-furnished rooms, an old red fire engine, and a stagecoach.

On the 90-minute tour you'll see a film about the mint, *The Granite Lady*. And for $1 you can buy a bronze blank and watch as an automated 1869 press strikes out a commemorative for you.

The mint, at Fifth and Mission streets, is open from 10 to 4 Tuesday through Saturday; groups must make reservations by calling (415) 556-3630.

Denver's mint. One of only three coin-making facilities still operating in the country, it stamps out about 30 million coins daily. The building is a marvel of stonework: two types of granite on the outside and two kinds of marble inside.

On the 20-minute tour (given at 15-minute intervals), you can watch as 4,000-pound coils of bronze and nickel are fed into machines that punch out coin blanks; then you see the coins stamped, inspected, counted, and bagged. At the salesroom you can buy proof sets and medals costing 50 cents to $12.

The mint, at West Colfax Avenue and Cherokee Street, is open weekdays from 8 to 11 and 12:30 to 3.

Carson City's mint-museum. Two large exhibit rooms in the old mint display rare coins and antique equipment, including one of the original presses made in the 1860s. Bicentennial medallions were made with the press recently; you can buy one for $2 to $5.

The museum, at 600 N. Carson Street, is open from 8:30 to 4:30 daily; guided tours are available by calling (707) 885-4810 two weeks ahead. □

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Sears Superplush Towel is Sears most absorbent towel. The terry loops are 100% combed cotton to be super thirsty, super soft. And the base frame into which the loops are woven is 50% cotton and 50% polyester. A combination of fibers that helps the edges last long and hang straight. Washing after washing.

Super Soft and More Colorful, too!

And Sears Superplush Towel is Sears softest towel. The terry is 100% *combed* cotton to make the fibers long and smooth for a deep, rich luster and downy soft touch. Unless you've been using really expensive towels (however, Sears Superplush Towel isn't), you've never felt such a delightful towel next to your skin.

These luscious fluffy towels come in up to 12 brilliant fashion colors, like Chocolate and Aztec Gold. Plus coordinating contemporary stripes and elegant two-tone woven patterns to add real excitement to your bath.

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We think Sears Superplush Towels are easily as good, if not better, than towels that usually cost much more. Once you wrap yourself up in one, we think that you'll agree!

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The new redesigned Ford Ranchero. For the man who takes command of his life.

Built Ford Tough

93 out of 100 of all Ford Trucks registered over the last 12 years are still on the job.

JERRY FREDRICK

At the factory, *huge rollers beat the chocolate to enhance its flavor*

Chocolate bars by the battalion

One sniff at the Hershey chocolate plant in Oakdale, California, 30 miles southeast of Stockton, and you'll probably remember every trick-or-treat bag you ever opened. You see rivers of chocolate become battalions of candy bars that march down conveyor belts to be wrapped, packed, and shipped. If you love chocolate, you may find the plant a paradise; but even if you only like chocolate, Hershey's free daily tours provide an interesting look at a modern factory.

Tours start at the visitors' center, where displays tell you, among other things, that most of the world's cocoa beans come from West Africa. From the center you enter the factory and watch the beans being transformed into candy. As part of the process, the chocolate must be "conched" (beaten with corrugated granite rollers for 72 hours to bring out the flavor); it must be tempered, like steel, to make it strong enough to withstand handling.

Tours are given on weekdays between 1:15 and 3; expect to wait no more than 20 minutes. And yes, you do get a taste—everyone receives a chocolate bar at the end of the tour. If one bar isn't enough to satisfy your sweet tooth, the visitors' center has a long counter full of candy for sale.

To reach Oakdale, take State Highway 120 east from Manteca; or from U.S. Highway 99 turn off at Modesto and go northeast on State 108. In Oakdale, go south on S. Yosemite Road and drive 1 mile to the plant at 1400 S. Yosemite. □

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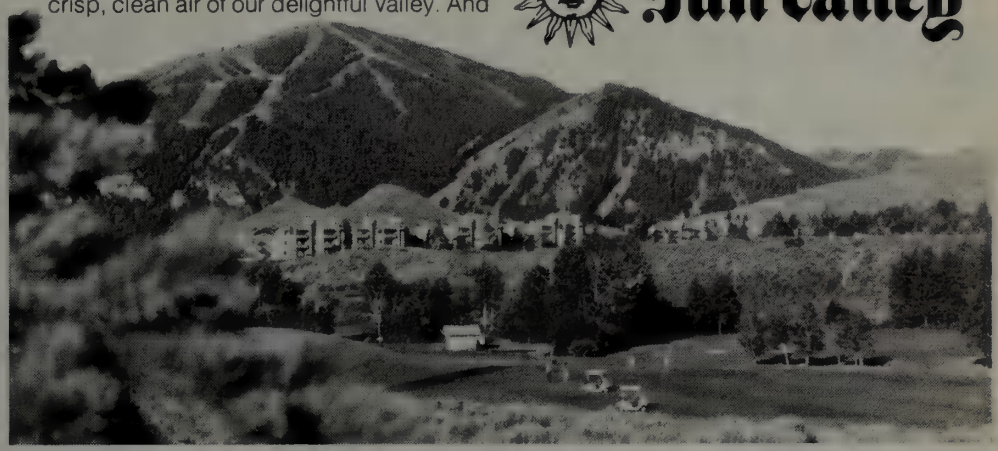
Sun Valley



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MICHAEL SPECTOR

Oceanside bluffs *mark the first terrace succulents and grasses cling to sandy soil covering the old uplifted seabed*

Stepping down to Mendocino's Pacific shore, about 175 miles north of San Francisco, is a unique ecological system showing evidence of 500,000 years of natural history. It's all on five terraces, 600 acres of which were recently acquired by the state park system. Preserved through the efforts of California Institute of Man in Nature and Save the Redwoods League, the area is unnamed as yet, and does not show on road maps. But it is open now for ranger-guided tours.

Each terrace is about 100 feet higher and 100,000 years older than the one below it, and each has evolved its own characteristic soil and vegetation pattern.

Some five plant communities are packed into this 3½-mile-long staircase area around Jug Handle Creek, about 5 miles north of Mendocino and bisected by State Highway 1. There's even a forest of "pygmy" trees, some only 4 feet high at age 80.

The staircase was created by wave action, erosion, sea-level change, and continental uplift that raised the system gradually, leaving older terraces higher and farther inland than more recent ones.

On the first terrace, sea cliffs drop 60 feet into foamy ocean; salt-resistant bunch grass covers the bluff's sandy soil. About ¾ mile back from the cliffs, at 150 feet above sea level, a rain forest of Bishop pine and grand fir thrives on terrace two (normal annual rainfall here is 30 to 40 inches).

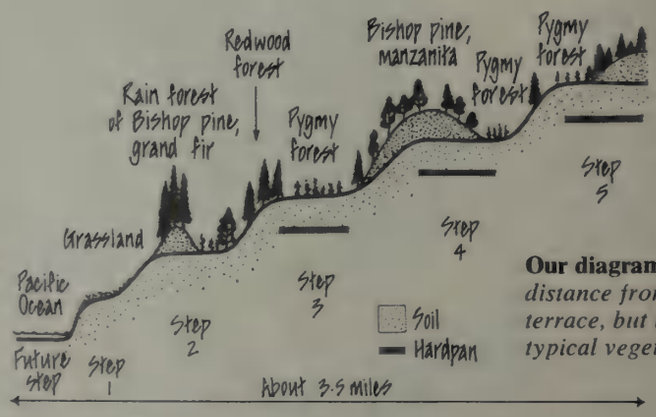
At the edge of step three, atop old dunes, tall redwoods grow. Here you'll also come upon a forest of pygmy trees caused by a peculiar soil condition called podzolization. This leaching process removes plant nutrients from the soil and acidifies it, and a few feet below the surface deposits an impermeable hardpan layer that few roots can penetrate. Resulting malnutrition stunts growth, causing the pygmy trees.

Levels three, four, and five show how podzolization has stabilized development of these oldest terraces. Soil is grayish, rock hard, and so acidic that even worms forsake it (*p*H level is 2.8 to 3.9). Severely stunted pygmy pines grow to 10 feet tall (normal growth would be a high as 100 feet).

The best way to visit this fragile area i on a guided hike. The ranger-led tour begin at 10 A.M. each Sunday and Thurs day through Labor Day; meet at th driveway on the west side of Highway 1 just 50 yards north of Jug Handle Creel Bridge (1 mile north of Caspar). Bring a lunch for the 5-hour hike. Group tour can also be arranged through Jug Han dle Creek Farm at (707) 964-9912 o (415) 332-2110.

Rangers ask that all hikers stay on trail to avoid harming tiny vegetation.

You can camp at nearby Russian Gulch Van Damme, and MacKerricher state parks. Van Damme has its own pygmy forest, with a signed nature trail.



Our diagram *compresses the distance from seashore to the oldest terrace, but it shows the typical vegetation on each level*

Nature's miniat
This 6-inch-high cyp is almost 10 years Anchored in rock-h nutrient-starved soi fourth terrace, it wil stunted fore

Pygmies on the fourth terrace, rain forest on the second

North of Mendocino, you hike up through 500,000 years of natural history

om sparse dunes *and grasses ush forest—a U.C. Berkeley class hikes outside park ndaries to get another view of terraces one and two*

Redwoods *grow a few yards from pygmy trees; they sit on ancient sand dunes at back of terrace two and edge of terrace three*

Haves and have nots: *On terrace four, tall Bishop pines have pierced hardpan layer with roots to find nutrients; dwarfed pines are starved, unable to penetrate hard soil*

LARRY PROVOST

At Moricetown Falls *on Yellowhead 16, the Bulkley River plunges through a narrow chasm; here you can watch from the highway as Indians gaff salmon heading upstream to spawn*

Tour bus *pauses at old (1870) Catholic church overlooking Stuart Lake at Fort St. James*

North to adventure . . . following the Yellowhead Highway through British Columbia

In the 1820s a light-haired Iroquois nicknamed Tête Jaune (yellow head), working as a guide for the Hudson's Bay Company in Canada, pioneered a northerly crossing of the Rocky Mountains that came to be called Yellowhead Pass.

Today there's a modern highway named after Tête Jaune. Generously signed with historical markers and passing near many campgrounds, it crosses the Rockies at Yellowhead Pass, follows the Fraser River through British Columbia to Prince George, then continues west through the Coast Range to reach the Pacific at Prince Rupert.

Let's look at this last 455-mile stretch of the Yellowhead Highway as a vacation destination. From Prince George the highway takes you west and north through farms and open rangeland; the land abounds in lakes and streams. Beyond Smithers you cross over into Skeena River territory; soon you're surrounded by evergreen-clad mountains alive with waterfalls after heavy rains.

Along the way, you'll pass some of the finest on-site examples of Northwest Indian totem poles. At innumerable places you'll be only steps or a short drive away from exceptional fresh-water fishing.

Fitting it into your vacation. It's not hard to tie in this north-country adventure with a trip to other destinations in British Columbia. You could plan a motoring-ferry loop that takes you from Vancouver to Prince George (490 miles), across to Prince Rupert (450 miles), and back to Vancouver by car ferry.

Or you could put together some other combination of airplane, train, bus, rental car, and ferry, such as: train from Vancouver to Prince George (12 hours, $21 to $28), three-day drive to Prince Rupert in a rented compact car (perhaps $175), then plane to Vancouver ($70).

Your travel agent can put together such a package and also show you brochures on motor-coach tours of this part of British Columbia.

Other possibilities include a tie-in with a visit to Banff, Lake Louise, and Jasper in the Rockies (Jasper is on the Yellowhead Highway, 230 miles southeast of Prince George). There's surprisingly good

The legend continues...

Mercedes-Benz has created a new generation of automobile. Example: The 280E— the Practical Sports Sedan.

The look and feel of a sports car... the long-lasting practicality of a Mercedes-Benz. The 280E, the Practical Sports Sedan.

Here's a Mercedes-Benz that mates the practicality of a 5-passenger sedan with the nimble handling of a sports car. The 280E. The Practical Sports Sedan.

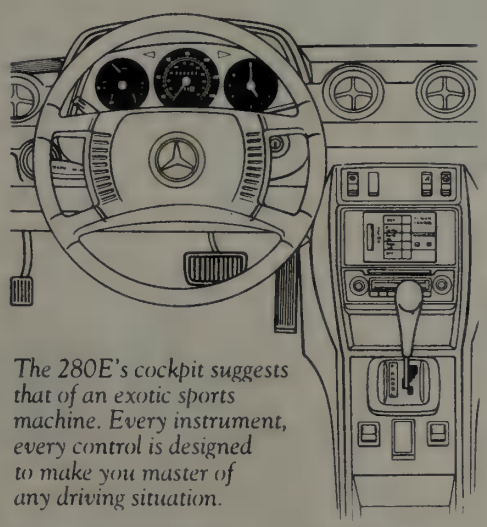
A select team of Mercedes-Benz engineers devoted six years to the conception, construction, and refinement of the 280E. More years were given to the testing of "final" prototypes. As what follows suggests, the 280E represents a worthy chapter in the Mercedes-Benz legend.

The ultimate challenge

Probably the ultimate design challenge is the appropriate proportioning of a car's size, weight, and *usable* space. In the 280E the Mercedes-Benz engineers demonstrate an exquisite sense of proportion. Inside, there is ample space for five adults. And the trunk is a full 17.7 cubic feet—*all* of it usable.

The 280E's power plant is a refined version of the sophisticated Mercedes-Benz double overhead camshaft six, and its performance has been enhanced with the simplified C.I.S. *constant flow* fuel injection system.

The improved "zero-offset" front suspension alone is, quite possibly, an engineering masterpiece, providing uncanny directional stability and braking.



The 280E's cockpit suggests that of an exotic sports machine. Every instrument, every control is designed to make you master of any driving situation.

Operating in conjunction with the Mercedes-Benz recirculating-ball power steering, it produces a quick maneuvering response and an incredibly tight 37-foot turning circle. And the 280E features a fully independent suspension system for each wheel to increase the automobile's stability and dampen road shock.

Safety x 100

A host of Mercedes-Benz engineering achievements have contributed to the unusual safety systems of the 280E.

Each wheel has its own servo-assisted disc brake. The steering column is designed to telescope three ways. Front and rear bumpers are self-regenerative. All told, over one hundred separate safety elements and systems are combined in the 280E.

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They're walking down *the main street of 'Ksan, an authentically reconstructed village of the Gitksan tribe*

BOB & JUDY MCDANIEL

scheduled air service throughout this country, and widespread use of charters. Rental cars are available in the major towns; by summer Prince George and Prince Rupert will have Wrent-A-Wreck (older cars at cheaper rates).

What's the weather like? On the eastern half of our mapped route summer is warm and dry. July and August days usually reach into the 70s, occasionally the 90s. Nights are mild.

On the Pacific slope from beyond Moricetown, you're more likely to be cooler and damper; Prince Rupert gets 95 inches of rain a year.

This far north, spring and summer days are surprisingly long; it's an odd experience to be walking back to your motel after a late dinner, say around 10 P.M., and see the sun just sliding below the western hills.

A brief travel log. Heading west from Prince George (mile 0), here are some

Storm-fed falls *appear suddenly along the road to Prince Rupert, then recede as fast. Family below was enjoying a free campground at Fraser Lake*

Another shot *for the trip album: the original Hudson's Bay Company warehouse at the trading post of Fort St. James*

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If pressed for time, cruise to Sydney October 10 (28 days) and fly back to a major West Coast city. Or fly to Sydney from the West Coast and sail back November 8 to Los Angeles (23 days). Your coach air ticket is included in the program. Your travel agent has the details. Call now for

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Willard Seymour *pilots the unpowered car ferry at Usk, near Terrace; it's held by cables, maneuvers across the fast-running Skeena by rudder control*

points of interest along the way:

Vanderhoof (mile 62). From here you can detour 40 miles north to Fort St. James on Stuart Lake, where a historic fur-trading post founded by Simon Fraser is being restored to its appearance in the 1890s. The post store is stacked with food supplies and settlers' gear, and a wealth of beaver, silver fox, and other pelts hangs from the rafters. The restored buildings are open for touring free on winter weekends and most days in the spring-through-fall tourist season.

Fraser Lake (mile 99) and *Burns Lake* (mile 143) are two towns in the heart of a popular hunting and fishing area. You can rent boats and hire guides in or near both towns; ask at the visitor centers.

Now you're in steelhead country; the fish are caught in the Bulkley, Copper, Kispiox, Morice, Telkwa, and Zymoetz rivers, all reached from the Yellowhead Highway. A record 36-pound steelhead was hooked on the Kispiox. There are winter and summer runs, and no closed season.

Smithers (mile 235). Note the prosperous-looking farms and ranches along here; this is the Bulkley Valley, very productive despite its northerliness. At the visitor center, ask how to reach the short bumpy road leading to a mile hike up Glacier Gulch to see the twin 500-foot waterfalls at the base of Toboggan Glacier. A longer hike takes you to the wildflower-strewn plateau of Hudson Bay Mountain.

Moricetown (mile 255). In spring and summer, you'll see Indians gaffing salmon at Moricetown Falls, where the Bulkley narrows from ¼ mile to 50 feet wide and plunges through a ravine.

Hazelton (mile 276) and *'Ksan*. Anthro-

Winding northwest *from the mill and transportation center of Prince George, the Yellowhead reaches the coast at cool, gray Prince Rupert*

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It also has a big section on camp food ideas, and provides you with a whole raft of information on backpacks, snow camping, wilderness permits, hunting and fishing regulations, and much more.

You'll find *Campsites* at most bookstores, sporting goods departments, and trailer supply stores in the West. Or if you want us to mail it to your home, send your check in the amount of $3.95 plus 55¢ for postage and handling, total $4.50. *California residents add 24¢ tax.* Mail to: *Campsites,* Lane Publishing Co., 80 Willow Rd., Menlo Park, CA 94025.

LARRY PROVO

Not panhandlers, *the bears you may see at roadside are shy, wary; they'll lumber off if you approach*

pologists delight in this area, so rich i Indian artifacts—especially monument totem poles. The reconstructed Gitksa village of 'Ksan is open seven days week in season, free, 9 A.M. to 8 P.M. shop sells Indian crafts, many mad right in 'Ksan, using traditional too (you can tour the workshop). Grav roads take you to Kispiox and Kitwar cool, each with outstanding totem pole

Stop at Kitsequecla (mile 294) and K twanga (mile 318) to see more totem

The new bridge at Kitwanga, opene last year, is the start of the Cassiar Hig way, a 500-mile mostly gravel, partl paved road that connects with the Alask Highway deep in Yukon Territory.

Soon the Bulkley River, your companio since near Burns Lake, flows into th Skeena River, the Indians' "River o Mists." The Yellowhead Highway fol lows the Skeena west to the sea.

Skies are often gray along here, and rai is common, from gentle drizzle to out and-out downpour. The result is a lan of dark, often misty mountains in lumin ous tones of blue-green and gray.

Terrace (mile 360). Near here you ca detour south on Highway 25 about 1 miles to Lakelse Lake, home of the rar trumpeter swan and site of a 133-sit provincial campground. If you want t see a contemporary industrial city buil around a huge aluminum smelter, con tinue 25 miles farther to Kitimat.

Back on the Yellowhead, it's less tha 100 miles to Prince Rupert, "halibu capital of the world," where, rain o shine, a ride on the Hays Mountain gon dola ($2) will cap your trip with a dra matic view of the town and the tin islands that surround it.

For a packet of literature on this route write to Yellowhead 16 Travel Associa tion, Box 1659, Prince George, B.C. telephone (604) 562-6866. For a map o British Columbia and literature on th Inside Passage sailings to Prince Rupert write to B.C. Travel, 100 Bush St., San Francisco 94104. An essential guide t this country is *The Milepost* ($5.95 a bookstores in B.C., or $6.70 by mai from Box 4-EEE, Anchorage 99509). □

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Come. And let me blaze a trail for you in Oregon. Before winter extinguishes my flame.

I have been living here long before any of you were ever born. So if anyone knows where to send you in Oregon, it's I. The autumn forest.

I'm at my best in late September. October. And early November. So if you're going to visit, you should plan to come then.

I'm easy to spot. I'll be wearing crimson reds, sunburnt oranges, smoky browns, and buttercup yellows.

You can find me reflecting in forgotten lakes and lining unknown trails, where you can lose yourself for an hour. Or a week.

We can meet along mountain streams that hide rainbow trout capable of measuring up to your wildest fish stories. Or at waters' edge, where Chinook, silvers and steelhead lurk a few feet from shore.

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For more information, we invite you to see your travel agent or mail us the coupon.

Travel Information, Room 937
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Thanks for the invitation. Please send information about things to do in Oregon.

Name _____
Address _____
City _____
State _____ Zip _____

OREGON
Consider yourself invited.

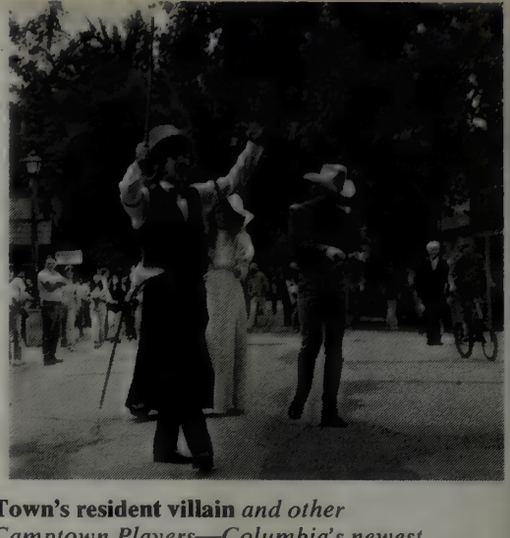
Follow me and you'll find places where you can wander through history as you explore stalagmites and stalactites of volcanic caves. And ancient lava fields.

If you're tired, I'll make you a bed of leaves. Or show you the way to cozy inns where fireplaces devour the likes of me night after night. And the moonlight fills the evening air, lulling you to sleep with its song of silence.

I'll be up bright and early the next day. Waiting for you at golf and tennis courts. And at ranches that offer cookouts, pack trips and river boat rides. Or, if you'd rather do nothing but lie in the sun, I'll leave you alone. On sandy beaches where you can quietly watch the waves pound against the shore.

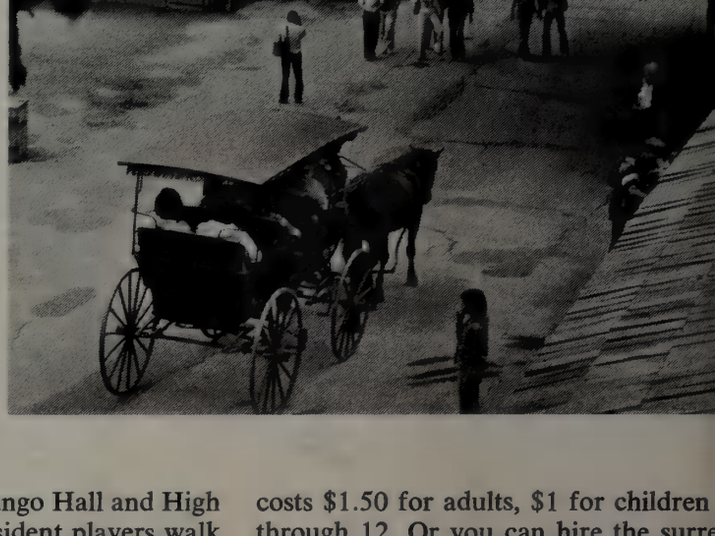
So come. Soon. Before I must begin my winter sleep. For each October has its December.

DON NORMARK



Town's resident villain *and other Camptown Players—Columbia's newest theater group—drum up business on Main Street en route to Fandango Hall and High Society Saloon*

Fringed surrey *offers passenge jaunty evening rides around Columb for $1.50, then becomes a rustic ta to take you to performances at th century-old Fallon House Theat*



Melodramas, surrey rides, air service . . . a full schedule this summer at old Columbia

There's news at Columbia—one of California's liveliest towns in the gold-rush era and now a state historic park. Attractions this year include a new theater, surrey rides, and small-aircraft tours around the Mother Lode country and nearby Yosemite National Park.

Several old favorites continue: stagecoach rides from the Wells Fargo Building through the granite-ribbed hills behind town, gold panning, tours to a nearby underground gold mine, and, of course, the town's impressive collection of 1850s to 1890s buildings—reconstructed or restored as eateries, a hotel, museums, and shops.

This month the Fourth of July will be celebrated in typical old-time, small-town fashion with fiddle music, a children's parade, greased pole climb, and other contests.

You'll know for sure when it's show time at the gold country's newest theater—the tiny pie-shaped Fandango Hall and High Society Saloon. Its resident players walk to the theater in costume, touting the day's show before curtain time.

At Fandango Hall, in the basement of the General Store on Main Street, the troupe performs late-1800s road shows: Campy melodramas such as *Why Girls Go Wrong* and *The Drunkard*. New this year is *The Return of Sherlock Holmes*. Show time through Labor Day is 2:30 P.M. Sunday, and Wednesday through Friday; 1 and 3 P.M. Saturday. For a schedule of occasional evening shows, call (209) 532-7041. Winter shows are on weekends only. Tickets, sold at the door, are $2 for adults and $1.25 for children 11 and under or seniors 65 or older.

You can take a ride around town in a horse-drawn early-1900s surrey Tuesday through Saturday evenings beginning at 7, July 2 through August 20; it costs $1.50 for adults, $1 for children through 12. Or you can hire the surre —½ hour for $25—anytime by callin Louie or Chris Gookin, (209) 532-103

With its gas lanterns lit, the surrey als offers free taxi service to the Fallo House Theater for overnight or dinne guests at Columbia's restored nine-roo 1856 City Hotel. (For more on the hote see page 54 of the November 197 *Sunset*.) For recommended hotel an dinner reservations, write to the hote Box 1870, Columbia, Calif. 95310; c call (209) 532-1479.

For 28 summers now the 1852 Fallo House Theater has been home for th University of Pacific's repertory theate season, July 2 through August 20 thi year. College drama students fror throughout the country apply to be mem bers of the company. The 1977 seaso includes *Annie Get Your Gun*, *The Bo Friend*, *Harvey*, *Barefoot in the Park*

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DON NORMA

Dinner in Columbia's *121-year-old City Hotel is served nightly except Monday, 5:30 to 9; lunch is available weekdays*

and *Blithe Spirit*. Ticket prices are $3 $5 for adults, $1.50 to $4 for children.

Curtain time is 8:30 P.M. Tuesda through Saturday, and there are 2 P.M matinees Saturday and Sunday. Sello crowds are usual, so reserve as soon possible. Write to the Box Office, Fallo House Theater, Columbia, Calif. 9531 or call (209) 532-4644.

Bay Area to Columbia by air

Columbia-based Yosemite Airlines no offers air service between the San Fra cisco Bay Area and Columbia and al has several sightseeing tours. Weekda shuttles to Columbia are available fro Oakland International Airport ($22, o way), and San Francisco Internation Airport ($27.50, one way).

One-day package tours are availab from any San Francisco area airport f a flight (four-passenger minimum) ov Yosemite National Park en route to C lumbia. The price ($78) includes t round-trip flight and lunch, a stagecoa ride, and gold panning in Columbia.

Aerial sightseeing tours from Columb give visitors a new perception of one America's most splendid parks—Yosem ite. The 70-minute flights (three-passe ger minimum; $25 for each adult, ha that for children 12 and under) pa above such landmarks as Nevada Fall Vernal Falls, and the valley floor, as we as remote canyons, rivers, forests, an granite peaks and domes.

To reserve space on these flights an tours, see your travel agent, or write Yosemite Airlines, Box 330, Columb 95310, or call, collect, (209) 532-1098.

Columbia, a 3-hour drive east of Sa Francisco, is just off State Highway 4 north of Sonora.

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CRAIG AURNESS

Same track *that took thousands of Nevada miners to work during the late 1800s carries passengers on steam train rides*

By steam train to old Gold Hill

Nevada now has a steam train excursion that follows the tracks of the historic Virginia & Truckee Railroad.

The original line, built in 1868, carried Comstock Lode ore and miners between Virginia City and Carson City. Today's train, operating under the same name, follows only part of that route—the mile and a half between Virginia City and Gold Hill, a ghost town that once rivaled Virginia City in size and vigor. You'll see abandoned mines and other remnants of more lucrative days strewn along the route through the desert hills.

Two steam locomotives are available to pull passengers in open cars or in the restored caboose at speeds up to a leisurely 10 mph. The smaller, an 0-4-0 built in 1917 (the numbers refer to wheel configuration), is the only steam locomotive to cross the San Francisco Bay Bridge; it was used to rescue stalled electric train cars from the bridge.

Number 29, a 2-6-2 built in 1925 by Baldwin Locomotive Works in Philadelphia, once hauled lumber for the Oregon-American Lumber Company out of Vernonia in northwest Oregon. More recently it has been a museum piece in Cottage Grove, Oregon.

Daily from now through October 2 round-trip excursions run continuously between 10:30 A.M. and 6 P.M. Saturday nights from June 18 through September 3, a moonlight ride featuring a singing brakeman will depart at 8 P.M.

Adult fares are $1.85; children 5 through 12, $1; $5 buys an all-day pass. You can buy tickets where the rides begin, between Virginia City's D and F streets. For additional information call the V&T at (702) 847-0380. □

The Sealy Posturepedic. Every morning your back will tell you there is a difference.

If it doesn't say Sealy Posturepedic, it isn't a Posturepedic.

Sealy Posturepedic is a unique kind of mattress, designed in cooperation with leading orthopedic surgeons for firmness and support, without sacrificing comfort.

And that's where the difference begins. Other mattresses that start out feeling firm may soften in a short time. The firmness and support built into the Posturepedic stay there for years to come. That's why we can promise you no morning backache from sleeping on a too-soft mattress.

Sealy Posturepedic is the unique back support system.

Here's why:

1. Posturepedic's offset coils are hinged for resilience and support.
2. Five separate layers of cushioning assure comfort.
3. The patented torsion bar foundation provides extra firmness, and makes the set a total support system.

If we left out a single feature, it wouldn't be a Posturepedic.

So when you're ready to invest in a Posturepedic, be sure you *get* a Sealy Posturepedic.

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Tastes delicious

Wasabröd is a natural with beef, cheese, salad—or just lightly buttered. It's a bread that's good for you. And great for the taste of the foods you eat.

Send for free 20-page color booklet and 25¢ refund.

Send this coupon with the net weight statement from any variety of Wasabröd--Hearty, Brown, Golden or Lite. You'll receive a 20-page booklet with the Wasabröd story and crisp bread serving suggestions. Plus a 25¢ refund.

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MICHAEL SPECT

Roberto Adobe's *kitchen has been restored to look as it did in the mid-1800s*

A reminder of San Jose's past

Much of San Jose holds little evidence ever having any inhabitants save 20t century Americans. But on Lincoln Av nue, amid warehouses and auto-par stores and in the noisy shadow of Inte state 280, stands a reminder that this ci was once country and that the count was not part of the United States.

You can now tour this reminder. Tl Roberto Adobe, newly renovated by Sa Jose businessman John Bruzzone, is op to the public at least through Septembe

Like any proper dowager with an ever ful past, the gracious white house doesn reveal her history immediately. Yo must discover how changing functio and fashion turned a one-room adob into a two-story Victorian mansion. Tl restoration has made the discove easier, for at points along the tour tl walls and floors have been stripped show details of construction.

Roberto Balermino, a Santa Clara Mi sion Indian, built the first room of tl house in 1836 as headquarters of h ranch, which bore the inelegant name "Rancho de los Coches," colloquial f "Ranch of the Pigs." The next own added three brick rooms, and an Italia sea captain who bought the house 1853 built a wooden second story ar filled the rooms with the gewgaws th spelled good taste in Victorian times.

Half-hour tours are given from 1 to every day but Monday. Cost is $1 f adults, 25 cents for children. To g there from I-280, take the Meridia Avenue South exit; shortly turn left c Fruitdale Avenue and go three blocks Northrup Avenue. Turn left, go tw blocks and turn right on Paula Stree then left on Lincoln to number 770.

SUNSE

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A daylight crossing of the Panama Canal. You sail slowly through the colossal locks, past jungles that seem close enough to touch.

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For complete information and reservations, see your travel agent, whose advice is not only priceless—it's free. Or call us at 800-227-4246, toll-free. (From California, or Canada, call 415-398-8000, collect.) Or write: Royal Viking Line, Dept. G-76, One Embarcadero Center, San Francisco, CA 94111.

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Because we know the Orient, we'll show you its hidden wonders as well as its fabled sights.

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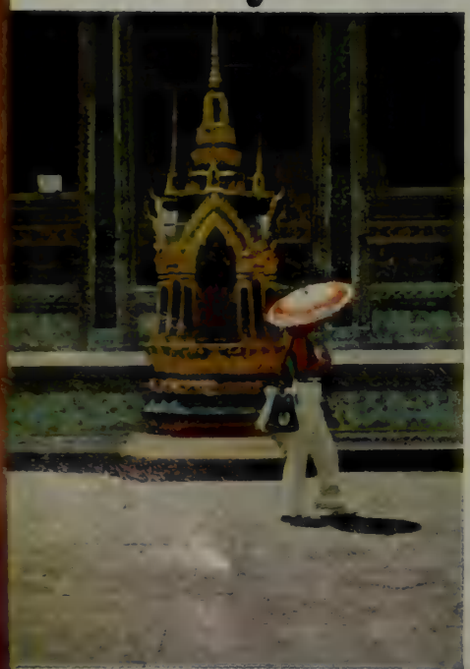
But don't take our word for the value of JAL Happi Holidays. Make your own tour comparisons. To help you do just that, JAL has published its 1977 Orient Tour Buying Guide, which not only translates travelese into English but also enables you to make item-by-item comparisons of several tours.

The beauty of Bali is as obvious in its rice fields as on its beache



Bangkok's golden temples are so dazzling, a sunshade comes in handy.

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HAPPI JAL HOLIDAYS

MICHAEL SPECTOR

You can hike, picnic, and camp *at Sanborn-Skyline County Park. This grassy hillside in the park's upper reaches is perfect for playing follow the leader*

New above Saratoga . . . 47 walk-in campgrounds

Green, shady, and cool, Sanborn-Skyline County Park gives refuge to anyone who wants to smell pine and wild violets or watch a hawk circle the summer sky. The newly opened park stands on 1,500 hilly acres above Saratoga, 10 miles southwest of San Jose. It contains 47 walk-in campgrounds with flush toilets and electricity, a picnic area—treeless and uninviting, but you can take your lunch to the shaded campgrounds—and 15 miles of trails.

Because their elevation ranges from 1,500 to 3,500 feet, these trails lead you through some nicely varied scenery—from chaparral to Douglas fir to redwood groves so silent you seem a million miles from the streets of the Santa Clara Valley. To gauge how close you really are, follow a 2½-mile trail up to Skyline Road and look back for a panoramic (if often hazy) view past San Jose and all the way to Mount Diablo. You might also want to investigate a rock outcropping that's popular with climbers.

Fallen *redwood stump in a park hollow makes a superior jungle gym*

Back down at park headquarters, you can take a 1½-mile self-guided nature trail. Rangers can answer any questions you have on Sanborn's plant and animal inhabitants, as well as its human ones. The land has been owned by a succession of interesting entrepreneurs, including one who made his fortune selling charcoal to bootleggers and another who prospected for uranium.

The headquarters building itself was constructed in 1912, using redwood and sandstone found on the property. The house's garden stands nearby, overgrown now but still complete with cherubic statuary.

Sanborn-Skyline is open for day use from 8 to dusk; overnight campsites are assigned on a first-come, first-served basis. To get there from downtown Saratoga, follow Highway 9 west 2 miles to Sanborn Road (not well marked). Turn south and continue another mile; you'll see signs for the park. For more information, telephone (408) 867-6940. □

JAL's Happi Holidays Tours

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*Prices based on double occupancy and G.I.T. Economy air fare from West Coast, and subject to change. Additional charge for June-Oct. peak season.

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The Callisto by Jacuzzi.

Three great ways to bathe.

The new Jacuzzi Callisto combines a deep soaking bath, a shower, and authentic Jacuzzi hydromassage in one unique module that fits in the same space as a standard shower cove.

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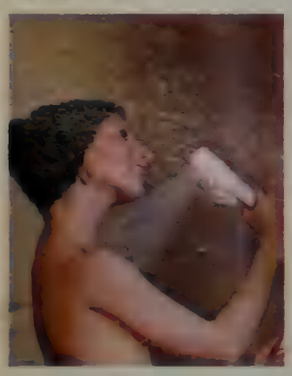
A Jacuzzi product assures you the finest whirlpool performance available. Only Jacuzzi incorporates over twenty years of progressive experience in the design, engineering and manufacturing of quality whirlpool bath products for the home.



For information, write Jacuzzi Whirlpool Bath, P.O. Drawer J, Walnut Creek, CA 94596. Or call toll free from outside California, 800-227-0710 or 800-227-0746. In California, our number is 415-938-7070.

Jacuzzi WHIRLPOOL BATH

Insist on Jacuzzi. The leading name in whirlpool baths.

Mount Rainier in books, on maps

Few geological features have had a much written about them as Washington's Mount Rainier. This month's cover story beginning on page 60 suggests several ways visitors can get to know the mountain and surrounding national park. For further information, here is some guidance through the mass of hiking guides, histories, and other sources—including two excellent new maps. Many of these selected references are available in park visitor centers.

Books of history, hikes, wildflowers

Exploring Mount Rainier, by Ruth Kirk (University of Washington, Seattle, 1973; paperback, $3.95). This is a good reference for auto tourists and walkers, with sections on natural and human history, to lodging, meal services, campgrounds and picnic areas; and maps and sketches.

Trips and Trails, 2, by E. M. Sterling (The Mountaineers, Seattle, 1974; paperback, $6.95). A 13-page section gives information on family camps, short hikes, and view roads in the park; other sections cover adjacent national forests.

50 Hikes in Mount Rainier National Park, by Ira Spring and Harvey Manning (The Mountaineers, Seattle, 1975; paperback, $5.95). This is an authoritative guide for hikers, with helpful sketch maps and photographs.

Wildflowers of Mount Rainier and the Cascades, by Mary A. Fries, photographs by Bob and Ira Spring (The Mountaineers, Seattle, 1970; paperback, $7.95). Now out of print, but worth searching for in used book stores, this is perhaps the best guide to flower identification. It has large color and black-and-white photographs and detailed plant profiles for the botanist.

The Challenge of Mount Rainier, by Dee Molenaar (The Mountaineers, Seattle, 1971; hardback, $12.95). For climbers or those who like to read about their exploits, this detailed history of Rainier mountaineering is a must.

Mapping "the mountain"

Mount Rainier National Park (Dee Molenaar, 1976; $2.95). This color pictorial relief map shows ridges, valleys, glaciers, streams, lakes, hiking trails, and mileages, campsites, and more.

Topographic Map of Mount Rainier National Park (U.S. Geological Survey, Box 25286, Denver Federal Center, Denver 80225, 1976; $2, delivered either flat or folded). A new topo map, it shows precise contours, trails, roads, glaciers, and other features. □

I know my dad's letting me win. But, don't tell him.
I wouldn't want to hurt his feelings.

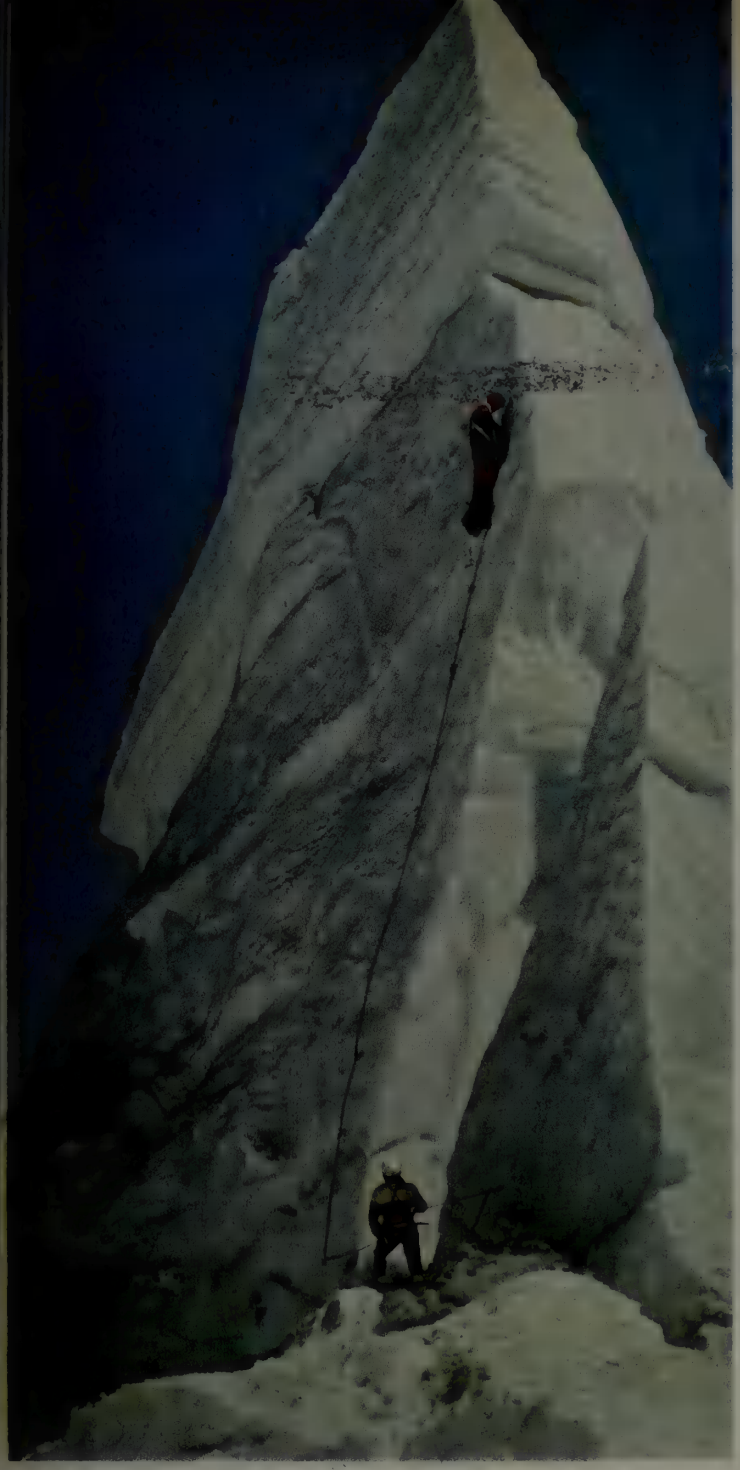
Kodak film. For the times of your life.

KEITH GUNNA

Dramatic view *of Rainier is mirrored in calm waters of Dewey Lake, an easy 2½-mile day hike on the park's eastern border*

"The mountain"

There is no other peak in America like Rainier. The 50-square-mile glacier system. The 93½-foot snowfall in 1972. The wildflowers. The ice. The easy day-hike access. And the unreliable weather? It's less so in July and August



Belayed from below, *climber anchors an ice screw in a sérac (ice pinnacle) at 11,000 feet on the Ingraham Glacier*

Be ready for this: *Even in August hikers can meet rain along Crystal Lakes trail on the normally drier east side of the park*

Heavy with dew, *avalanche lily is one of nearly 700 species of wildflowers (many alpine) that grow in the park*

No matter how many big mountains you've seen, it's hard to be blasé about Mount Rainier. Rising almost 2 miles above the surrounding foothills, this all-by-itself mountain is a stunning sight. Rivers of ice pour from its dazzling summit. Wrinkled glaciers grind through immense amphitheaters. Waterfalls drop feathery plumes into shadowy canyons. Snowfields sweep down like great wings to a base that is more than a hundred miles around.

In a region famous for snowy volcanoes, this colossus of fire and ice holds all the records: biggest single glacier and largest glacier system (almost 50 square miles) outside of Alaska, highest volcanic summit (14,410 feet) in the lower 48 states, greatest snowfall ever recorded anywhere in the world (nearly 100 feet at Paradise ranger station in 1972).

Rainier is so big that it makes its own weather, it can be seen from almost every major city in Washington, and in a land rich with peaks, this one is known simply as "the mountain."

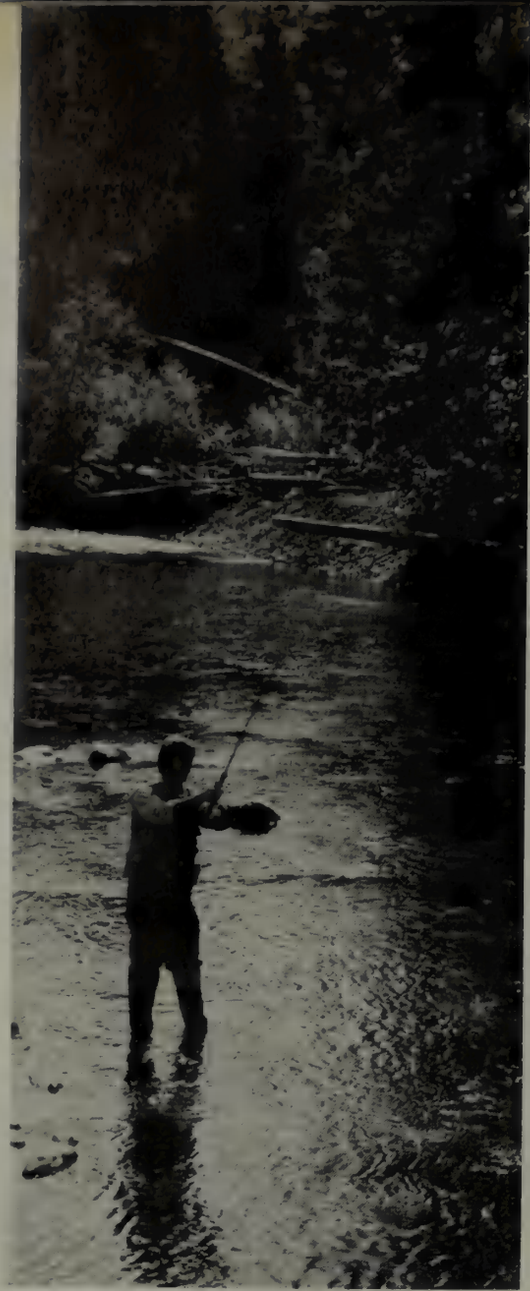
But statistics are a poor measure of its glories. This is a mountain you have to see and experience for yourself. And if you're traveling in Puget Sound country, that's no problem: Rainier's glaciers are the most accessible in the nation.

The auto tourist's park

Ringed by good roads, Mount Rainier National Park is little more than an hour's detour east from Interstate 5 via several routes. U.S. Highway 12 brushes close to the southern flank, state routes 123 and 410 penetrate the eastern side,

KEITH GUNNAR

Footbridge *spans gorge of Ohanapecosh River along Silver Falls Trail, an easy loop hike*



Stalking trout *in "fly only" Ohanapecosh River, fisherman is just paces from the road. Lakes and streams are not stocked*

DON NORMARK

Hiker traces route *on model at Sunrise visitor center. This and other centers at Longmire, Paradise, and Ohanapecosh are open daily 9 to 6; admission is free*

Auto tourist *stops at Tipsoo Lake to admire the view near Chinook Pass; bus tourists below are on a one-day round-the-mountain trip from Seattle*

The park has a splendid near-loop road system. Go by bus or on your own

and routes 165 and 706 lead to the western edge. Forest Service roads approach from the north. Within the park, other roads (125 miles in all) make connecting links, enabling time-short travelers to drive around Rainier on a loop tour that takes only a few hours.

If you're driving north on I-5, one such loop begins about 10 miles south of Chehalis. Leave the freeway and follow U.S. 12, then state routes 7 and 706 about 65 miles east to the park's Nisqually entrance (fee is $2 a day per car).

From there, the park road climbs 3,500 feet in 19 twisting miles to Paradise ranger station at 5,400 feet. From Paradise, take Stevens Canyon Road 23 miles east, down the mountain to State 123. Follow it and State 410 north over 4,700-foot Cayuse Pass about 20 miles to the park boundary, and continue 30 miles farther to Enumclaw and State 164. Take 164 about 20 miles through Auburn back to I-5 north of Tacoma.

If you have time, don't miss the 17-mile side trip to the Sunrise area, and smashing views of the mountain from this 6,500-foot-high vantage point; the signed White River Road branches west of State 410 4 miles north of Cayuse Pass. (For detailed guides for auto touring, see the list on page 58.)

One-day bus tours through the park leave Seattle daily at 8:45 A.M. and return by 6 P.M.; cost is $14.50 (meals are not included). You can arrange to be picked up at your downtown hotel by calling the Gray Line office 2 hours before departure, at (206) 682-1234.

Day hikers' paradise

Few tourists can drive through the park without getting out to explore it on foot.

A dozen day hikes . . . typically 3 fairly easy miles

Mount Rainier's 305 miles of trails offer walkers at least 50 great day hikes. Here we map a dozen, from easy flower strolls along paths just paces from your car to vigorous loop trips to glaciers and meadows (or "parks" as they're often called). Check the reading list on page 58 for titles of comprehensive guidebooks and maps.

1 Spray Park

Acres of glacier lilies and other alpine flowers welcome you at end of 3-mile hike that gains 1,050 feet, with waterfalls and fine views along the way. Start from end of Mowich Road, off State 165.

2 Carbon Glacier

Hike 3 miles to a close-up look at the snout of Carbon Glacier (lowest glacier terminus outside Alaska), 2 more miles to parkland flowers, 2 more to Mystic Lake (total elevation gain: 3,500 feet). From end of Carbon River Road, off State 165.

3 Burroughs Mountain

Of the dozen trails to choose from in the Sunrise area, one takes you 3¼ miles and up 2,500 feet to 7,800-foot Burroughs Mountain and dream views of Winthrop and Emmons glaciers (first seen at 1½ miles). From Sunrise parking area.

4 Glacier Basin

Three-mile walk leads up 1,400 feet to spectacular flower fields, marmots, possible encounters with mountaineers. From White River campground off White River Road, 5 miles from White River entrance.

5 Summerland

It's 4 miles and 1,500 feet up to great views of 11,117-foot Little Tahoma. From White River Road, 3 miles west of State 410.

6 Crystal Lakes

Elk, goats, forests, flowers, and two lakes await on 3-mile hike with gain of 2,300 feet. From State 410 on east park boundary.

7 Silver Falls Loop

A good low-elevation destination when storms blast the high country, this easy, 3-mile loop gains only 300 feet through heavy forest along the Ohanapecosh River. From Ohanapecosh campground and State 123.

8 Cowlitz Divide

A 3-mile climb with rise of 2,000 feet leads to an open ridge that you can roam for miles, with excellent chances of seeing elk. From Box Canyon parking lot, 10 miles west of State 123 on Stevens Canyon Road.

9 Panorama Point

Easy excursions lead to flower fields along paved paths from Paradise parking lot, but the 4½-mile loop to Panorama Point gains 1,400 feet, offers glorious views of glacier icefalls and a chance for solitude.

10 Van Trump Park

Climb 2½ miles and 1,900 feet to 320-foot Comet Falls, highest in park, plus flowers and views of mountain goats and glaciers. Trail starts at Christine Falls parking lot, 10 miles up Paradise Road from Nisqually entrance.

11 Emerald Ridge

Look eyeball-to-eyeball with Tahoma Glacier at end of 2½-mile, 2,000-foot hike; good chance to see goats. From West Side Road, 7½ miles north of junction with Paradise Road.

12 St. Andrews/Klapatche Parks

Choose as easy 3-mile hike and return, or a vigorous 12-mile-minimum round trip including a 3-mile section of road. Longer route gains 3,000 feet at least, with option to roam higher and farther. Same trail as Emerald Ridge, with loop return via Klapatche Ridge trail and West Side Road.

Acres of fluffy bear grass *(a late-July and early-August bloomer) greet day hikers on Grand Park Trail. The 6-mile hike to this 6,700-foot tableland meadow—result of an ancient lava flow—begins at Sunrise visitor center*

Boardwalk *through marshy meadow helps heal eroded area on trail to Spray Park*

at least a little. To really appreciate Rainier's endless variety you need to do some walking: Ramble a high ridge and listen to the roar as a hanging glacier cuts loose tons of ice into a canyon. Or watch a band of mountain goats traverse an airy ledge with indifferent ease. Loll in an alpine garden as the breeze ripples a sea of wildflowers. Or stroll beside a glacier-fed trout stream running clear and cold in the shade of forest giants almost 300 feet tall.

There's hardly a corner of the park that you can't visit on a day's walk. That's due partly to good roads that provide access from every direction. But it's also because of Rainier's modest size—just 378 square miles compared to Yosemite's 1,198 or North Cascades' 789.

Roughly half of that 378 square miles (most of the territory above 7,000 feet) is occupied by Rainier's enormous cone of rock and ice. Hence, the encircling band of forests and meadows is only about 5 miles wide on average, providing short walking approaches to grand views on all sides. If you seek unspoiled vistas but don't fancy a heavy backpack and long-distance trudging, then Rainier's the park for you.

Based in car campgrounds within the park or in neighboring national forests, or from nearby motels or cabins, you can set out for a different corner of the park each day, rambling its 305 miles of trail equipped with little more than rucksack, boots, and rain gear.

Day trippers don't have to reserve backcountry campsites as overnight backpackers must. But for an overnight hike to a popular area on a summer weekend, it's wise to reserve a campsite in advance; write to Back Country Ranger, Mount Rainier National Park, Ashford, Wash. 98304, or call (206) 569-2211.

Weather: Get ready for anything

If that first view of the mountain is dependably inspiring, it's also sometimes long in coming. Rain and clouds can hide or obscure the peak for days on end any time, and snowfall above 5,000 feet

KEITH GUNNAR

Coats of nanny goat and kid *are beginning to lengthen as fall weather cools; you can see these nimble travelers in rocky alpine zones all around the park*

Mushrooms *are common along some trails in fall—it's safest not to pick them*

In the high country . . . up with the bear grass, the mountain goats, the misty peaks

Action to protect an endangered park

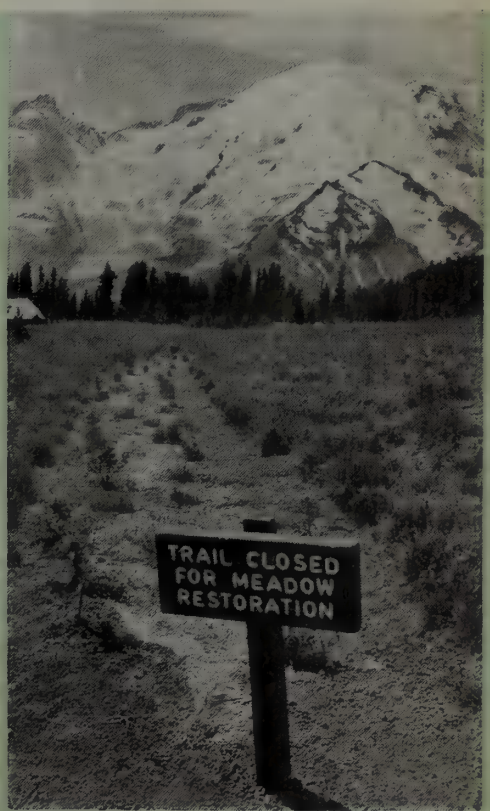
If accessibility makes it easier to enjoy the park, it also makes it easier to abuse it. Lately, the sheer number of visitors has been creating dilemmas for park managers who must balance recreation with preservation.

Too many hikers straying from front-country trails have scarred fragile meadows; popular back-country destinations have been overrun by weekend crowds of up to 300 backpackers; roads and parking areas occasionally have become so jammed with Sunday drivers that late-comers have had nowhere to park. Even some climbing routes have become congested.

Three years ago, the park service began making changes to deal with the problems. Meadow restoration projects like the one pictured here are helping to heal scars. A back-country management plan is adjusting use patterns to conform to the "carrying capacity" of the land, chiefly by limiting places to camp. Now, most overnight hikers seem pleased to know that they won't have to vie with hundreds of other backpackers for a campsite. And rangers report that abused areas show signs of recovering.

The park service could go further: Some roads may be closed, and buses may some day shuttle tourists up to Paradise and Sunrise. Conservationists argue for a bigger park or one buffered by designated wilderness areas on the east.

What can you do? Stay on trails in heavily used areas, camp only in designated sites, and observe other regulations. To learn more about "minimum impact" techniques, see exhibits at the Sunrise and Paradise visitor centers, ask for brochures from rangers, or write to the Park Superintendent, Ashford, Wash. 98304.



DON NORMARK

Discovered in 1870 *by the first party to climb Rainier, the summit ice caves were not fully explored until a century later. Now they're regularly visited*

KEITH GUNNAR

The white Rainier . . . snow fun, top-of-the-world adventure

She's glissading—*taking an exhilarating slide down a snowbank on a high ridge*
DON NORMARK

is not uncommon even in July.

But records show July and August as the driest, clearest months and the best time for a visit. Nevertheless, be prepared for fast changes in the weather, and always take along reliable raingear. For hikers, that means rain pants as well as poncho or parka, and waterproof boots with lug soles for safer going over snow patches.

Other essentials include sunglasses and sunburn cream, a first-aid kit, plenty of insect repellent, extra wool clothing, emergency food, map, compass, and flashlight.

A continuing drought could mean a bad fire season in surrounding national forests, with lengthy closures possible. But rangers anticipate no road or trail closures within the park itself—Rainier's small size, good roads, and large staff should allow quick control of fires.

Best year for hikers in two decades

Last winter's dry weather has assured one thing—the earliest hiking season since the mid-1950s.

In recent years, late heavy snows have locked Rainier's high country in a wintry grip well into August, with some trails snowbound for years on end.

Not so this season. The light snowpack began to disappear early and all trails should be open by mid-July. That also means an earlier and longer wildflower season for everyone to enjoy. Flowers bloom from June into September with the peak coming in late July. And the once-popular Paradise ice caves may reopen sometime this summer—for the first time since 1969. Ask a ranger.

Trail openings and peak bloom vary around the mountain: earlier on the drier east side, later on the snowier west and south sides. If the snow lingers longer than expected, visitors to the Paradise area will be free to try one of the alpine traveler's safer thrills—snowsliding, or "glissading" as it's properly called. Find a snow-covered knoll with a flat runout, climb to the top, and take the exhilarating slide to the bottom.

If you want to do some real climbing

With nearly 50 square miles of glaciers, some of the fiercest mountain weather in the world, and plenty of gnarled rock faces, Rainier presents nearly every imaginable climbing challenge. It remains an enduring fascination for mountaineers from near and far, and has been a training ground for expeditions headed for peaks from Alaska to the Himalayas.

But Rainier also offers routes gentle enough that anyone with a little determination and reasonably sound health can climb, under the supervision of the

You don't have to be a mountaineer *to enjoy this view from 10,000-foot Camp Muir on the route climbers take to the top. Muir is 5 miles and 4,500 feet up a long snowfield from Paradise, but you can hike it in a day. Mount Adams (center) and Mount Hood are on horizon*

park-sanctioned guide service. Thousands do it every year on a three-day outing ($100) that combines a day's basic instruction in use of ice ax, crampons, and rope and other mountaineering fundamentals with a two-day summit ascent.

Scores of those climbers also descend into the summit ice caves with their guide for a brief tour; there's no extra charge. The outfitter can rent you ice ax, boots, crampons, and backpack for $17, but you must bring your own mountain clothing.

Ice and rock-climbing courses are also offered. For a brochure or reservation (recommended for summit climbs in July and August), write or call Rainier Mountaineering, Inc., Paradise, Wash. 98397; (206) 569-2227. The season continues daily through September, and on weekends only in October.

"A dilapidated old wreck of a mountain"

Enormous as Rainier seems from almost any angle, it was once probably even bigger, say geologists. At the end of the Pleistocene epoch some 10,000 years ago, the mountain stood at least 1,000 to 2,000 feet higher, with a cone some 50 percent bulkier. Then a series of volcanic eruptions, or perhaps one great blast, destroyed the original summit. Little Tahoma, the sharp peak rising distinctly on Rainier's eastern flank, suggests the mountain's former proportions.

Rainier's volcanism is dormant, but you have only to descend a few hundred feet into the fantastic caverns of the summit ice caves to see evidence of a possible future reawakening—hissing steam vents, or fumaroles, that release heat and pressure from subterranean sources.

Even before its summit was shortened, the mountain on all sides had been deeply carved and gouged by eons of glacier scouring, leaving a distinctively sculptured peak that a local pilot jokingly calls "a dilapidated old wreck of a mountain." To the Indians it was "Tahoma, the mountain that was God."

The slow evolution that created Rainier is a classic mountain-building process: gradual uplifting of coastal lowlands, development of foundation formations, and the emergence of the volcanic cone in a series of massive outpourings within the last million years.

The last important eruption occurred about 2,000 years ago. But the most recent significant mudflow (the result of torrential rains and a river channel temporarily blocked by a large chunk of ice) oozed down the mountain just 30 years ago. You can read Rainier's geological story at the Kautz Mudflow exhibit, just 3 miles inside the Nisqually entrance.

The ultimate view . . . from an airplane

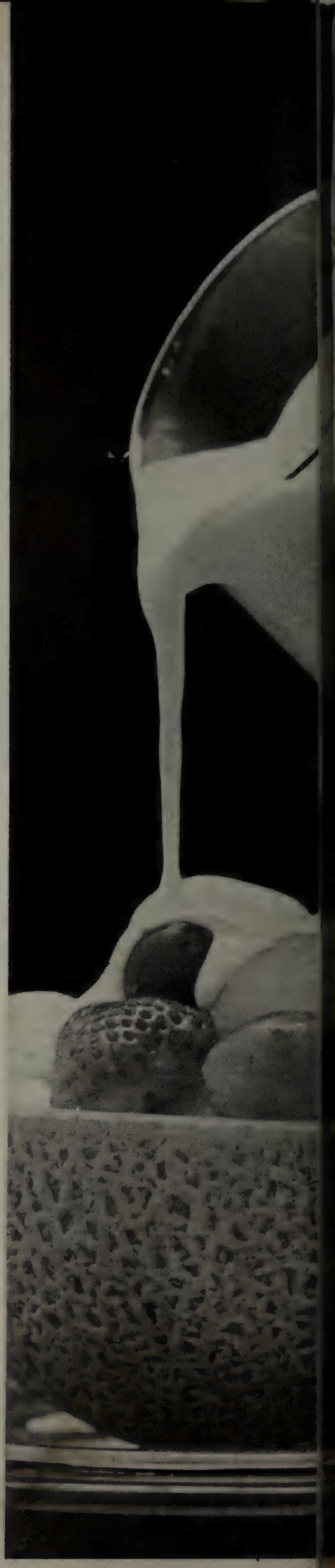
At Rain-Air Scenic Flights, 6 miles west of the Nisqually entrance at Ashford on State Highway 706, you can board a three-passenger Cessna 180 for a ½-hour aerial look at Rainier's south face ($10 per person), a 45-minute round-the-mountain flight ($15), or an hour-long circle trip plus a pass over the summit ($25). July and August are usually busy, and it's best to book in advance. Write or call Jimmy Beech, Box 51, Hewitt Field, Ashford, Wash. 98304; (206) 569-2590.

Where to stay

Rainier is close enough to major Puget Sound cities for visitors to find accommodations there and still make day visits to the park. In smaller towns around the park perimeter, motel rooms start at $10 for a double. Cabins outside the Nisqually entrance go for $14 and up.

Two park hotels also offer accommodations, but space is hard to find in midsummer. Paradise Inn (open through Labor Day) has doubles from $12; National Park Inn at Longmire (open through early October) has them from $9.50. Five park campgrounds offer some 640 sites from $1 to $3 a night. □

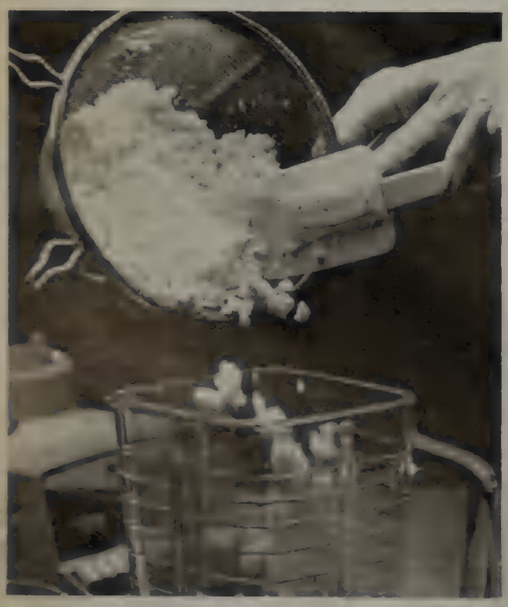
Fruit-salad dressing *blends orange, ginger, and honey with the low-calorie "sour cream." A touch of mayonnaise gives it a rich, creamy taste*
PETER O. WHITELEY



Three cheers for sour cottage sauce

Made with cottage cheese, it's a still not-too-well known alternative to sour cream. Low in calories, low in fat, no cholesterol at all

Rinse *cream from cottage cheese by holding it under cold water until the water runs clear*



Blend *cheese curds with skim milk and lemon juice until it's smooth, thick, and tangy like sour cream*

Whether you're counting calories or following a low-cholesterol diet, the trick is to find good-tasting alternatives to fat-rich foods you enjoy.

This remarkably versatile sour-cream substitute does just that. You can use it as a base to make lively dressings for fruit and vegetable salads; party dips; spreads for bread; and sauces to perk up fish, chicken, and vegetables. It's easy to make in a blender or food processor.

In addition to the recipes here, you can use it in anything calling for sour cream, provided it doesn't require cooking. It's a nutritious alternative you can serve to the entire family and guests, whether or not they're on special diets.

One level tablespoon of this sour-cream substitute has about 12 calories (less than half that of sour cream), 2.2 grams of protein, and no cholesterol. For our recipes, we combine the substitute with small amounts of mayonnaise (2 to 4 tablespoons to 1 cup) to give richer, smoother flavor; this increases the calories to 25 to 30 per tablespoon when 2 tablespoons mayonnaise are added, 30 to 35 calories with 4 tablespoons. The cholesterol in the mayonnaise is negligible.

Sour-cream Substitute

Turn 1 pint (1 lb.) large-curd cottage cheese into a fine wire strainer. Hold under cold running water and stir gently with a rubber scraper until water runs clear; let drain for about 20 minutes. Put cheese into a blender or food processor and add ¼ cup skim milk and 2 tablespoons lemon juice. Blend until completely smooth, stopping as needed

Fruit dressing, Green Goddess, Thousand Island, Tartar, Roquefort . . . all made with sour cottage sauce

Party dip *for raw vegetables has the fresh flavor but not the fat of real Green Goddess*

Baked potato topping *is a zippy sauce with few calories, no cholesterol*

Tartar sauce, *despite lean content, can add rich flavor to salmon*

to push mixture into blades and to taste for graininess; this takes about 5 minutes. Cover and refrigerate (it keeps as long as cottage cheese). Makes 1⅓ cups.

Orange-Ginger Fruit Dressing

This is good on fruit or combination fruit and vegetable salads such as carrot with orange or banana, fruit and cabbage slaw, and Waldorf salad.

Put 2 to 4 tablespoons mayonnaise in a cup measure and add sour-cream substitute to total 1 cup. Combine in a bowl with 2 tablespoons mild honey, ½ teaspoon grated orange peel, 4 teaspoons orange juice, and 2 teaspoons finely minced candied ginger. Stir until well blended. Chill before serving.

Chutney dressing (for fruit, shellfish, and chicken salads). Omit the honey, orange peel, juice, and ginger in the recipe above. Add ¼ cup finely chopped Major Grey's chutney and 1 tablespoon *each* brown sugar and lemon juice.

Basic Cream Dressing

Serve this as dressing for potato and other vegetable salads; as sauce for hot or cold vegetables, fish, or shellfish; or as a sandwich spread.

Put 2 to 4 tablespoons mayonnaise into a cup measure and add sour-cream substitute to total 1 cup. Add 2 teaspoons *each* Dijon or prepared mustard and prepared horseradish (or omit horseradish and use 1 tablespoon Dijon mustard). Season to taste with garlic salt and pepper; stir to blend well. Thin with a small amount of skim milk, if needed.

Parmesan topping (for hot vegetables such as zucchini, green beans, broccoli, cauliflower). To the Basic Cream Dressing add ¼ cup grated Parmesan cheese and 2 tablespoons minced green onion (include some of the tops). Spoon over hot vegetables, then sprinkle with more Parmesan and paprika.

Green Goddess dressing or dip (for dressing mixed greens, chicken, seafood salads, or to dip raw vegetables). Omit mustard and horseradish in Basic Cream Dressing, and instead add ¼ cup *each* coarsely chopped green onion (include some of the tops) and parsley, ½ teaspoon tarragon leaves, and 2 teaspoons lemon juice. Whirl in blender until almost smooth. Chill before serving.

Baked potato topping. To Basic Cream Dressing add 2 tablespoons *each* finely chopped parsley and green onion (include some of the tops) or chives.

Roquefort cheese dressing or dip (for green salads, raw vegetables, or chips). Omit mustard and horseradish in Basic Cream Dressing, and instead add 2 teaspoons lemon juice, 2 tablespoons finely chopped green onion (include tops), and 1 ounce Roquefort (finely crumbled).

Tartar sauce (for fish and shellfish). To the Basic Cream Dressing add ¼ cup finely chopped dill pickle, 2 tablespoons minced green onion (include tops), and either 1 teaspoon capers (drained and chopped) or 1 teaspoon dill weed.

Thousand Island dressing (for seafood, mixed greens, vegetable salads). Omit mustard and horseradish in Basic Cream Dressing, and instead add ¼ cup chile sauce or catsup, 1 tablespoon minced onion, 2 tablespoons minced dill pickle, and ½ teaspoon grated lemon peel. □

1 • *The "grape stomp": Plywood forms hold sand while it's packed by foot power. Volunteers shovel sand, bring water up from surf line*

2 • *Sloshing it in: Water level inside forms must be kept high to wet sand thoroughly*

3 • *Castle roof line begins to emerge from top third of sand pile after form is removed. Workers dismantle only one form at a time*

4 • *Final shaping is done with simple scraper tool of soldered sheet metal with wood handle*

BILL ROSS

The ultimate in sandcastling?

It's probably the work of sand-architect Todd Vander Pluym. Here he is... construction followed by destruction... at Manhattan Beach

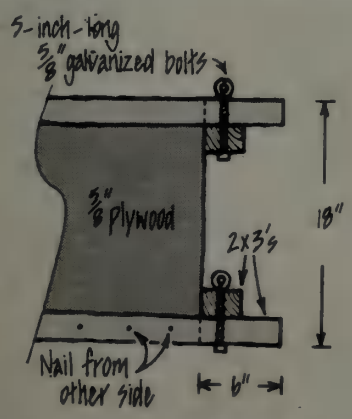
The Notre Dame of sand castles hasn't been built yet, but Todd Vander Pluym of Manhattan Beach, California, has come up with a way to make "monster castles": marvelous jumbles of turrets, towers, and parapets that seem to defy the crumbling properties of beach sand as they reach up to 8 feet in height.

This summer you can use some of his techniques to create your own beach fortress, large or small. You may even get good enough at it to enter one of the dozens of sand castle competitions held every year—Vander Pluym himself has won over 50 contests.

Plywood forms that hold a tower of packed wet sand until it's ready for carving are the key to the Vander Pluym castle. Our sketch shows how to make them, using scrap wood and galvanized nails and bolts.

Looking like chiseled stone, *sand castle gets windows and parapets on lower levels while beachgoers take a closer look*

Make the forms (usually three are enough) progressively smaller to create a pyramid. They may be any size; the ones



here are each 18 inches high, with the bottom box 65 inches square, middle 53 inches square, and top 37 inches square.

First pick a spot just above high-tide line, then level it down to wet sand, and start filling the first form with sand and water. Pack it down and keep the water coming. When you finish building the pyramid, let it stand 15 minutes or so, then remove the top form and start carving.

Your design can be whimsical, but it must be massive and roughly pyramidal to distribute weight.

Tools needed for the heavy work are shovels, gloves (to prevent blisters), big buckets, and a hammer to remove bolts. Detail work can be done with kitchen utensils, scoops, plasterer's tools, old plastic bottles (cut off the bottoms). Vander Pluym has made some of his own tools from sheet metal and wood.

When you're finished, you can prolong the castle's life by misting it from spray bottles—but time and tide will eventually take their toll. □

Bombs away! *An architect's prerogative is to destroy his work—which Vander Pluym does before high tide can do its damage*

NORMAN A. PLATE

Surrounded by color, *they're picking beans and carrots in midsummer. Marigolds and lobelia edge the vegetable bed. Large pots of topiary boxwood accent the corners. Bright impatiens mass against the walls*

Carrots to topiary to impatiens

In very tight space, this good-looking garden mixes vegetables, flowers, evergreens, paving

DON NORMARK

Streetside view. *Shingled wall and upright-growing junipers (Juniperus chinensis 'Torulosa') shield front court, once a lawn*

Inside front court, *trellis screens view from adjacent apartments. Brick pavers were used on court, steps, and as caps for raised beds of concrete with exposed aggregate finish*

Lot measures *only 40 by 107 feet, but there are two separate and private garden areas—vegetables in the back, a brick court in the front*

Vegetables take center stage in this tiny Seattle garden. One bed—14 by 18 feet—nearly fills the 28 by 30-foot space and for three years now has yielded harvests of beans, beets, carrots, chard, corn (21 ears from one row last year), garlic, lettuce, onions, parsnips, and snow peas.

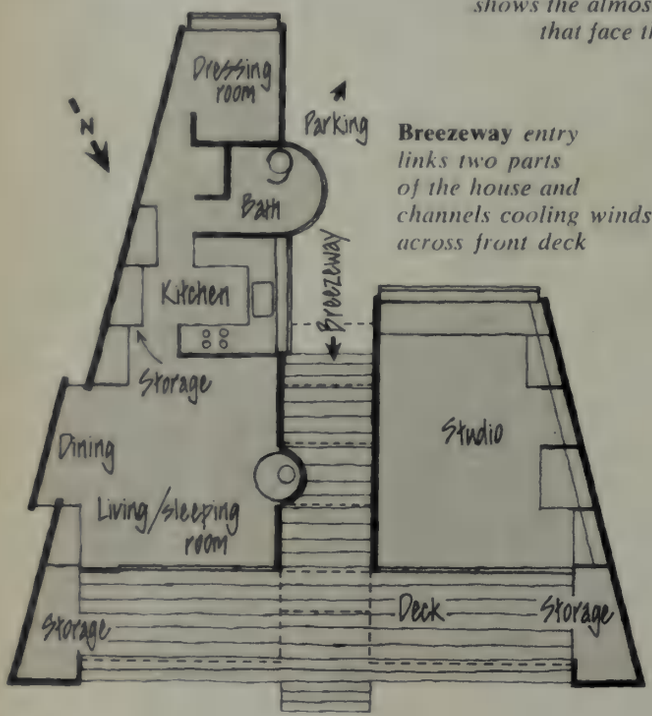
This back garden also offers lessons in successfully working many vegetables right into your landscape scheme. They mingle happily here with vibrant impatiens and marigolds and stately topiary boxwood. With space so fully utilized in back of the house, owner and landscape designer W. David Poot reworked his 22 by 24-foot front garden into a place for entertaining and relaxing.

At any time of year the vegetable garden is pleasant to look out on. In winter, summer vegetables are replaced by rows of ornamental cabbage (green leaf and white leaf); evergreen topiary boxwood still fill the corners; and around the walls you can see the spring-flowering rhododendrons (mostly 'Unique,' a compact, light yellow form) which are all but buried by the vigorous impatiens.

Borders and center bed are outlined with railroad ties (see page 66 of the February 1977 *Sunset* for other similar treatments). The path is made of square precast concrete pads set firmly on the ground and surrounded with gravel. A graveled sitting bay at one side of the garden accommodates two sturdy teak chairs.

In front of the house a sloping lawn has become a private sitting court screened from the street by wood walls. It has raised beds, container plants, a small pool, and movable teak benches. A trellis along one side helps screen the court from windows of a four-story apartment house next door. It also provides some shade for plants. □

View *from the parking area shows the almost blank walls that face the desert sun*



Breezeway *entry links two parts of the house and channels cooling winds across front deck*

NORMAN A. PLATE

Silver and red structure *in the untouched desert, Bruder house perches on piers above an arroyo. North-facing glass barn doors open on shaded deck*

Only $10+ per square foot

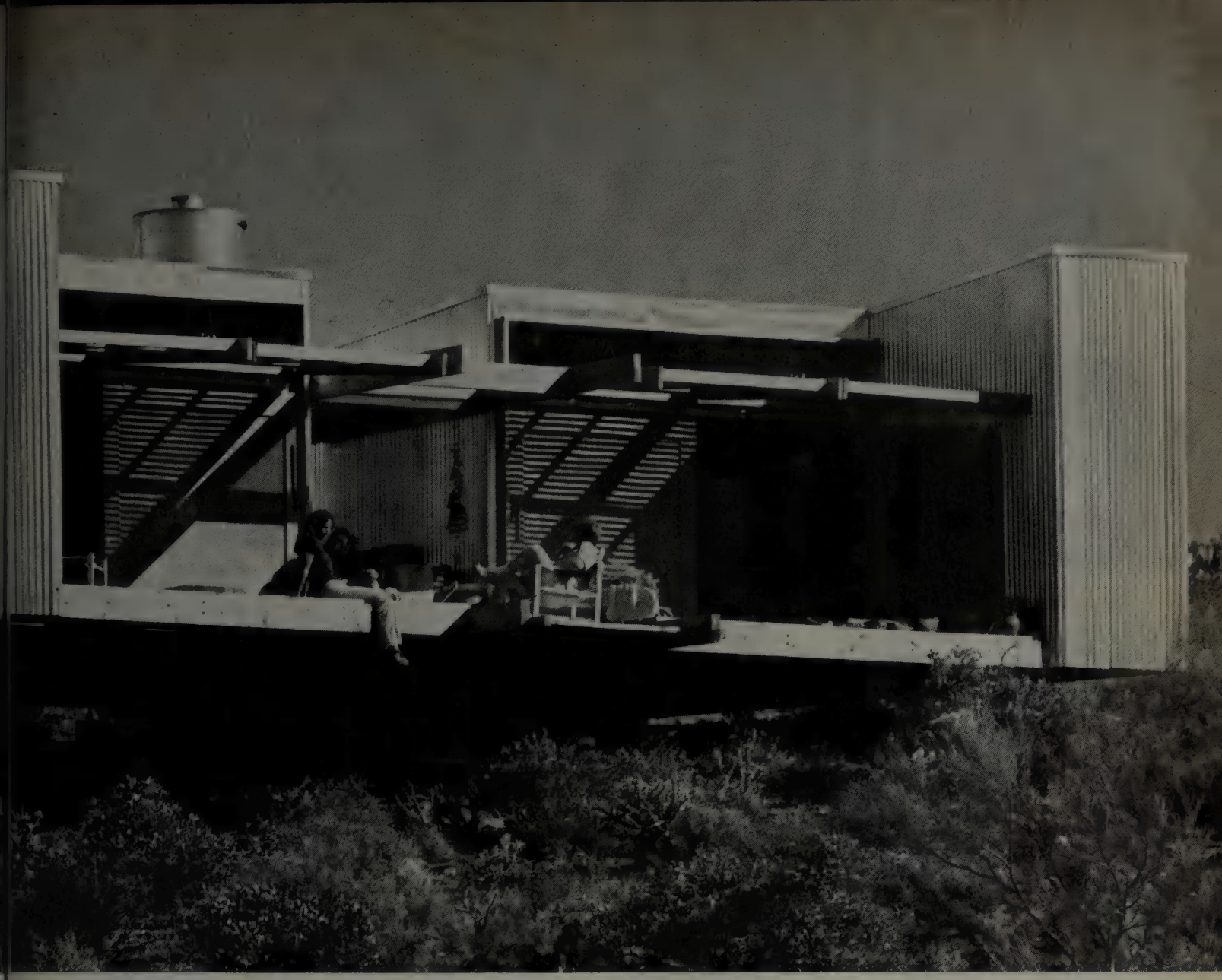
That's with much unpaid owner labor. House skin is metal, skeleton is conventional. It's small. Went up in a month

Reflective metal siding immediately sets this house apart, but close examination reveals a surprisingly conventional building that uses common materials in very innovative ways.

The 850-square-foot house was designed to go up quickly with only basic skills; architect-owner William P. Bruder of Phoenix, his wife Simon, and two other amateur builders had the house ready to occupy after only a month's work. The glazing, septic tank, and plumbing were hired out.

When you count in the 375 square feet of covered deck area, the cost (including all materials, the contracted work, space heaters, and an evaporative cooler) averaged out to just over $10 per square foot—for a total of only $12,500.

With only 10 hand-excavated concrete piers touching down on the delicate desert, the house seems to float above the land. Conventional stud walls sit on a joist-supported floor. The corrugated steel siding is screwed to the outside, fiberglass insulation fills the wall cavities, and plywood sheathes the inner walls. The 3-by-8 roof beams are covered with ¾-inch plywood (left exposed, it forms the ceiling), then 2 inches of rigid foam insulation, and finally red rolled roofing that contrasts strikingly with the sky, desert vegetation, and silver gray walls.



Counter-level kitchen window *abuts plastic double-wall shower. Metal cabinet in bath echoes cylindrical shapes elsewhere in house*

On the north side of the house, large windows open onto a deck and a state-owned portion of the surrounding desert. The house shows its back to the entry road and to the sun; only narrow slot windows squint to the east, west, and south.

The Bruders live in the larger side of their two-part house, using the smaller side (which could be a bedroom) as a studio and office. All rooms in the living side of the house are "carpeted" in 26-gauge galvanized steel, bought in 4 by 8-foot sheets and perimeter-nailed to the ½-inch plywood subfloor using 1½-inch (4d) galvanized nails. The floor (about 20 cents per square foot) has mellowed to a rich pewter tone. □

No costly coverups. *Fir plywood walls create a warm background for the slightly reflective steel fireplace, exposed cooling ducts, and easy-to-care-for sheet steel floors*

Big flower show *happens in April. These plants get no irrigation. Poppies come back each year from seed. Others are perennials. More plants in bed bloom later, including godetia, hollyhock, and kniphofia. Unwatered eugenia hedge is dark background*

Obvious drought-resisters *grow behind house; small and large succulents line gravel path. Apricot and grape also thrive with no water*

All the plants *labeled here in the front yard get no water at all. This is what the garden looks like in late May, with a few plants still in bloom*

Water-frugal garden in Pasadena... way ahead of its time

Almost no irrigation for 25 years. The 22 plants named in the photographs and 130 others have prospered

BILL ROSS

Bulb border in September *when most bulbs are dormant and cut back for the summer. Entire strip lives on rain alone. Stones help hold deep leafy mulch in place*

Five months later. *In rainy season same border leafs out, then blooms in spring. Plants include amaryllis, calla, crinum, narcissus, Siberian iris, watsonia*

In the early 1950s Roland Ross of Pasadena decided to let his garden live on rainfall alone—except for a few choice plants that would get hand watering.

Today, this ahead-of-its-time garden offers living proof that over 150 fairly common plants can survive, even prosper, without watering in California's usually winter-wet, summer-dry climate. It also validates some water-conserving ideas that many gardeners are trying for the first time in this drought year.

At first Mr. Ross tried to grow just California native plants. But many of them eventually failed, probably because they don't get fast enough drainage on his level lot with heavy clay soil. A few natives are still important in the garden, but now plants from elsewhere in the world outnumber them.

The plants look good all year, except for some—mostly bulbs—that die back nearly out of sight for the summer. Flowers come mostly in winter and spring. Mr. Ross kept track one year and found that 28 different plants bloom in February, 29 in March, 46 in April, and 32 in May. Just a few bloom later. (Two of these photographs were taken in September to give you an idea of what a drought-tolerant garden can look like during the driest time of year.)

Plants are watered by hand the first few months after planting. After that they're on their own.

To help plants through the dry summer, Mr. Ross makes a business of mulching. He rescues leaves from in front of the street sweeper and lawn clippings from his neighbors. He composts everything, then spreads it several inches thick around all the plants.

You can see and feel the difference. In the few mulchless spots, the ground is cracked and dry. Under the mulch it's moist and crumbly.

This composted mulch is the only fertilizer the garden gets. It also keeps weeds from germinating.

Another idea helps plants escape the full force of the summer sun: Mr. Ross grows some plants under trees with tops thinned and lower branches removed to let a softer, dappled light through.

In addition to the plants named in the photographs, here are a few other common kinds that go without water in this garden: *Acanthus*, agapanthus, Algerian ivy, *Bergenia*, climbing rose, crape myrtle, daffodil, eugenia, feathery cassia, flowering crab apple, *Hippeastrum*, *Kalanchoe*, *Lycoris*, New Zealand tea tree, *Ochna*, oleander, *Ribes*, saucer magnolia, *Solanum jasminoides*, strawberry guava, sycamore, *Tulbaghia*, toyon, wisteria, and yucca.

All of the plants shown and named here are likely candidates if you're planning a drought-tolerant garden. They're also plants to consider if you must let some of your garden go without irrigation this summer. □

French-inspired *shift is made from two beach towels*

Wearing a swimsuit *underneath, she can take off the beach dress and go enjoy the surf*

When it's time *to leave, on goes the beach dress once again*

Her beach dress is her beach towel is her changing cabaña

(It's just two towels stitched together)

As she disappears *inside the shift, it becomes a seaside changing room*

Wrapped up *like Cleopatra in her carpet, our swimmer changes in relative privacy*

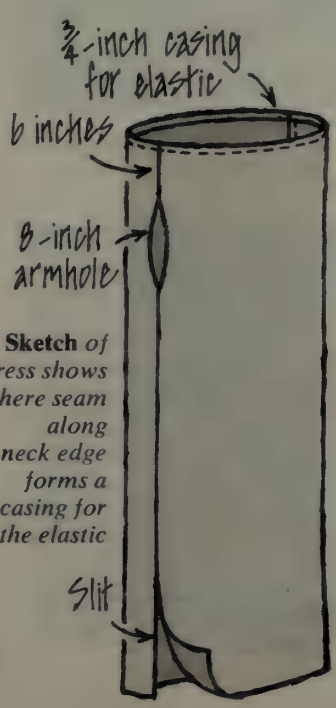
She emerges *in street clothes; wet swimsuit can be wrapped up in shift*

On French beaches, girls have been wriggling in and out of beach dress - cabañas like this for many summers. With two beach towels and 15 inches of ½-inch elastic, you can quickly put together one of these portable changing rooms and take the idea of ready-to-wear one step further.

With right sides together, stitch the two towels together at the sides, leaving 8-inch armholes about 6 inches from the top edge and generous slits at the bottom. To make a casing for the elastic, turn under ¾ inch at the top edge and stitch, leaving a 1-inch opening for inserting the elastic.

Draw the elastic through the casing with a large safety pin. Remove pin, overlap the ends of the elastic, and stitch ends together securely. Slip-stitch casing closed, if desired.

Then turn the garment right side out . . . and *voilà!* □



Sketch *of dress shows where seam along neck edge forms a casing for the elastic*

PETER O. WHITELEY

More beachwear: *For skirt version, use shorter towels or two lengths of 36-inch-wide terry cloth; stitch up side seams, omitting slits*

Barbecue innovations with less-expensive beef

Choose one of five basic cuts, a sharp knife, a marinade

Blade-bone chuck

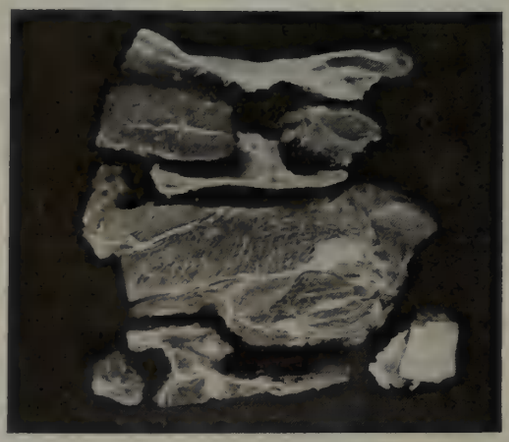
Blade-bone *chuck is not only for pot roast; try it on the barbecue*

Trim away *the bone, leaving large tender center and smaller pieces*

Once cut *into cubes, meat can be skewered with vegetables to grill*

7-bone chuck

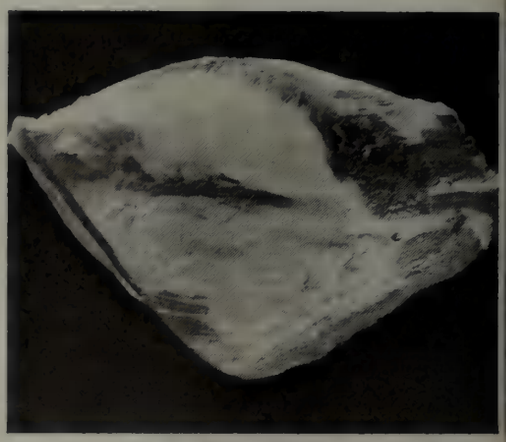
7-bone chuck *(look for the bone shaped like 7) is similar to blade*



Boned, *this cut yields large meaty center; slice small pieces into thin steaks*

Grill *large and small pieces together for a crowd; slice big steak to serve*

Brisket



Brisket *cut from below chuck is boneless; this is the pointed, thicker end*

Trim fat *off both sides, leaving just a thin layer covering lean meat*

After barbecuing, *cut across grain in thin slanting slices*

The next time you barbecue, don't limit yourself to high-priced steaks and other fancy cuts labeled especially for barbecuing. Besides the obvious bargain meats —chicken, ground beef, and frankfurters—there's a wide variety of everyday economy cuts of beef that lend themselves exceptionally well to barbecue cooking.

Here and on the next page we show you easy steps to preparing basic cuts. Most come from the chuck (or shoulder), round (or leg), rump, or brisket. They vary in tenderness and texture, but all make very good eating when properly cut and cooked—you'll find suggestions on how to prepare the fire bed on page 82.

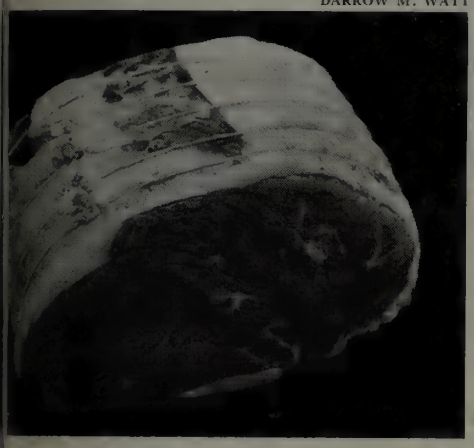
Some of these cuts are quite flavorful with no more seasoning than salt and pepper, while others should be marinated or tenderized with a commercial meat tenderizer.

For cuts that require marinating, use your favorite acid-based marinade (one containing vinegar, wine, or citrus juice) or the beef marinade that follows.

Herb Wine Marinade and Basting Sauce. Blend ⅓ cup tomato-based chile sauce or catsup, ¾ cup dry red wine, ½ cup salad oil, 1 tablespoon *each* instant minced onion and Worcestershire, 1 teaspoon crumbled dry rosemary, 1½ teaspoons salt, ¼ teaspoon pepper, and ¼ teaspoon liquid smoke (optional). You'll have about 1¾ cups, enough for about 5 pounds of meat.

Cross rib

DARROW M. WATT



Cross rib *is a boneless chuck roast; use center cut for barbecue steaks*

Slice roast *into inch-thick steaks—each makes 2 servings*

Grill steaks *to rare or medium rare for tenderest, most flavorful meat*

Economy beef for barbecuing

Blade-bone chuck. Select one that is about 2 inches thick (about 5 lbs. with bone in). The piece can be barbecued whole, but it is easier to handle if the bones are removed; ask your meatman to bone it or do it yourself as shown in the first column at far left. The large center section of meat is the tenderest, so consider grilling it alone and using the bones and small pieces of meat for soup.

Another idea is to cut the boneless center section into 1½-inch cubes and thread them on skewers, alternating the meat with chunks of onion or mushrooms. Or consider grilling the whole center section as one large steak; then, after it's cooked, cut across the grain in thin slanting slices to serve.

If you barbecue the whole bone-in chuck, trim away the bone after it's cooked and slice meat across the grain to serve.

Marinating is optional for this cut, but it is a good idea to use a meat tenderizer according to manufacturer's directions and use a flavorful basting sauce while it grills. Prepare medium-hot coals; grill, turning and basting often, until meat is at the rare or medium-rare stage for greatest tenderness and juiciness.

Allow about 15 to 20 minutes for skewers, 30 to 40 minutes for the whole boneless steak, or 35 to 45 minutes if cooked whole with bone in. Makes 6 to 8 servings.

7-bone chuck. Like the blade cut, select a piece about 2 inches thick. You can grill the bone-in piece, but it's preferable to bone it first. In the second column at left, you see how the boned piece divides into one large and two smaller pieces of meat. The large center section is tenderest but the smaller pieces make satisfactory steaks, too.

Cook and serve the large center section the same as suggested for a boneless section of blade chuck. Slice the two smaller portions *horizontally* in half or thirds, making thin steaks to grill. Another possibility is to cut all the boneless meat into 1½-inch cubes for stringing on skewers as directed for the blade cut.

Marinating is optional, but this cut should be treated with meat tenderizer and benefits by basting with sauce while it grills. Use medium-hot coals and cook to the rare or medium-rare stage; allow about 40 minutes for the thick center steak and 10 to 15 minutes for the small thin steaks. The whole cut makes about 6 to 8 servings. The thin steaks alone make 2 or 3 servings.

Brisket. This boneless cut from the forequarter comes from just below the chuck. The whole brisket (about 12 lbs.) is often cut in half. Our photograph at the top of column three at left shows the pointed end, which is usually a little thicker (our piece weighed about 5 to 6 lbs.) than the opposite end, but both are equally flavorful. Except for a thick outer layer of fat on both sides, which should be trimmed down to a thin layer, the brisket meat is generally quite lean.

There are two ways to barbecue brisket: quickly, just to the rare stage; or long and slow, until well done and very tender when pierced. Either way, brisket should be marinated first. For the quick-cooking method, it should also be treated with a meat tenderizer.

For rare brisket, grill over medium-low coals, turning often, for about 25 minutes (for a 5 to 6-lb. brisket), or until a meat thermometer inserted in the thickest portion registers 135° (or cut a gash to test). Cut into thin slanting slices across the grain to serve.

For well-done brisket, you'll need to use a covered barbecue because it's especially important to maintain an even temperature during the entire cooking period. This way you'll get tender, well-done meat that's not overbrowned on the outside. Arrange a small number of medium-low coals beneath the grill on each side or in a circle around the meat rather than directly under it. Be sure to adjust the dampers according to the barbecue manufacturer's directions for slow cooking.

Place meat on the grill about 8 inches from coals. Put on the cover and cook meat for about 1 hour, turning once or twice to brown evenly.

Continue cooking over medium-low coals, adding more briquettes as needed, for about 3 more hours, or until meat is tender when pierced with a fork. Turn and baste with marinade about every 30 minutes (if your marinade is high in sugar, turn the meat every 30 minutes

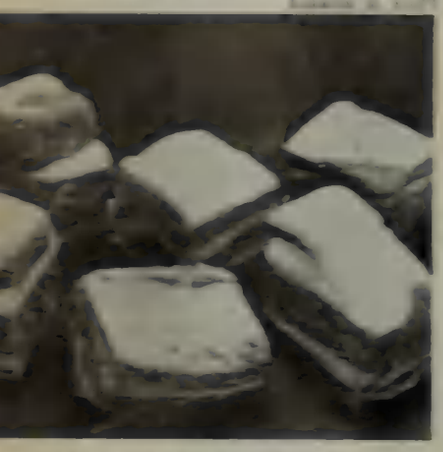
not start basting until the last 45 minutes or so. Cut across the grain in thin slanting slices to serve. A 5 to 6-pound brisket serves 10 to 12.

Cross rib. This boneless roast is one of the choicest portions of the chuck. The center portion (you may have to ask for this center cut) is particularly tender and can be sliced into steaks about 1 inch thick. These steaks can be barbecued and, since they're large (about 12 oz.), each provide 2 ample servings.

A cross rib roast of any size is also an excellent choice for spit roasting (directions under economy roasts). Marinating the cross rib steaks is optional, but they should be treated with a meat tenderizer. Grill over medium-hot coals, turning and basting, until browned and done to your liking, about 20 minutes for medium rare. A 3 to 4-pound piece makes 4 steaks, 6 to 8 servings.

A well-made fire is essential. Hold your hand over the grill, start counting. "One thousand one . . ."

Short ribs



Short ribs, cut in 2½-inch lengths, should have evenly distributed fat

Cut crisscross through meat halfway to bone, to ensure even cooking

Grill ribs slowly, turn and brush often for juicy, tender meat

Short ribs. These chunky cuts develop rich flavor when barbecued. Select meaty ribs with the fat evenly distributed throughout; those with obvious fat layers are less successful for barbecuing. The method of cutting shown at left helps insure even cooking and juicy, tender meat. Have your meatman cut ribs into 2½-inch lengths. When you get them home, place the bone side down, and cut into each rib halfway to the bone at 1½-inch intervals; repeat cuts at right angles to first cuts, but make these only ½ inch deep.

Short ribs should be marinated, and tenderizing is a good idea. Spread medium-low coals out in an even layer large enough to accommodate the ribs. Place ribs on grill, bone side down. Cook, turning and basting frequently, until well browned on all sides and meat is faintly pink when cut next to the bone, about 30 minutes. Allow about 1 pound ribs per serving.

Economy roasts. Though not shown here, some cuts of beef that are usually pot roasted can be good candidates for spit roasting or cooking in a covered barbecue. They should be cooked to the rare or medium-rare stage. Three good choices are boned and rolled rump, cross rib, and sirloin tip (this cut also makes steaks; see the following section on steaks from the round). You won't need to use a tenderizer for these cuts, but it is a good idea to marinate them before roasting.

To spit roast, run spit through center of roast and secure with spit forks. Insert a meat thermometer in thickest portion without touching spit. Arrange a solid bed of hot coals about 2 inches back from an imaginary line directly under spit and 3 to 4 inches beyond either end of meat. Add about 15 briquettes every 30 minutes to keep the heat level constant. Position spit so surface of meat is about 5 inches from surface of coals. Set a shallow pan beneath meat to catch drippings.

Cook, basting with marinade or sauce, until meat thermometer registers 135° for rare (2½ to 3 hours for a 5 to 6-pound roast), or until done to your liking.

To cook in a covered barbecue, it's best to follow manufacturer's directions for preparing the coals and controlling the heat to maintain an even medium-hot temperature. These boneless roasts yield 2 or 3 servings per pound.

Steaks from the round. The top round and sirloin tip sections, not shown here, are the tenderest and most flavorful for barbecuing. About the first 3 inches of the top round make up the choicest (and most expensive) part. In some markets you'll find it labeled London broil and cut 1½ to 2 inches thick. Barbecue and serve it as you would the boneless center section of the blade-bone chuck (see page 81).

For other steaks from the top round and sirloin tip, have them cut about 1 inch thick. Tenderize, barbecue, and serve them as you would steaks cut from a boneless center-cut cross rib roast (see upper left).

Preparing the fire bed

A well-made fire is essential. The temperature and number of briquettes will depend on the size, amount, and type of meat you plan to cook. In general, for most grill cooking, the meat should be 6 to 8 inches above the coals. Let briquettes burn down until covered with a gray ash before you put on the meat.

To determine the temperature, hold your hand just above the grill. If you can only hold it there long enough to say "one thousand one, one thousand two," you have a hot fire, if you go on to "one thousand three, one thousand four," it's a medium fire, and up to "one thousand five, one thousand six," it's a low fire.

Heat control is simple. To increase the heat, open dampers to let more air in. Or keep hot briquettes handy by warming extras around edges of the fire and add them when needed to increase the heat (cold briquettes lower the temperature). For quick cooking, tap the ashes off coals with tongs instead of adding more briquettes.

There are four ways to lower the heat: close dampers slightly, lower the firebox, raise the grill height, or spread the coals out so there's space among them. □

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NORMAN A. PLATE

Redwood and glass *bay addition opens end of kitchen to northern light; new counter layout (right) is well lighted and compact*

To get counter space and light, they pushed out the kitchen

To renew their dark and outdated kitchen, the owners of this San Francisco Victorian needed more natural light and counter space. They got both by pushing one end of the kitchen out 3 feet and enclosing it with a redwood-and-glass wall and roof.

The new bay occupies a seldom-used back-porch area. It catches light filtering down between the Victorian and a neighboring building, and adds just enough space to allow the old kitchen to be divided into a dining area (not shown) and separate kitchen.

Rearranging the appliances created a 9 by 15-foot working area that is well lighted and carefully organized. The sink was placed close to the window wall to take maximum advantage of the natural light and existing plumbing lines. Stove and refrigerator face each other at the opposite end of the kitchen, but are still well lighted by the window wall.

Clear redwood 4 by 4's support the safety glass and tempered glass in the wall and roof and provide space for displaying a collection of antique bottles. The area under the back stairs offers a shelter for delicate plants, where they benefit from light reflected off the glass wall.

The kitchen design was by R. East and Associates, Palo Alto, California. □

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Straight Talk from UCB/Number 16

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They go by different names at different banks. We call ours the "United Account."

In general, they include a personal checking account, a line of credit, a credit card, and other services such as personal checks, travelers checks, and check guarantee card, all for a flat monthly fee.

THEY'RE GOOD IF YOU USE THE BANK A LOT.

Nobody has to have one. But if you're one of the following kinds of people, you'll probably think a packaged account is a good deal:

A person who uses many bank services. You have a checking account and write more than 10 checks per month. You also use additional services for which you pay extra – a safe deposit box, travelers checks, cashiers checks, money orders and so forth.

A person who likes all his ducks in a row. A packaged plan is a very orderly way to deal with your bank. It puts commonly used bank services into one plan. It saves time and bother.

A person who likes a flat rate. The monthly fee never varies, regardless of your minimum balance. That alone can be a big advantage. No searching through the statement for service charges. No surprises on how much. And no need to keep a lot of money in your checking account to avoid a service charge.

THEY'RE NOT SO GOOD IF YOUR NEEDS ARE SIMPLE.

For some people, package plans are more bank than they need. And include services they may never use.

So, if your needs are fairly simple, we don't recommend a packaged plan.

SOME COST MORE THAN OTHERS.

The cost varies at different banks, depending on how much the bank charges for the package and on whether or not you choose to include credit features in the package. If you use the bank a lot, it may be less than you're paying now for the services separately. If you don't use the bank very often, it may be more than you're paying now. (If you're 62 or over, UCB will give you a United Account with no service charge.)

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-UCB Money Orders and Cashiers Checks. All you need at no extra charge.

-UCB's Complete Statement.® It's an itemized summary of your checking, savings and Balance Plus® Line of Credit transactions in one easy-to-read statement.

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All of the above. Plus these credit privileges, if you qualify:

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-Check Guarantee Card. Your Balance Plus Line of Credit can also provide a card which identifies you to California merchants who will honor your personalized check for up to $100 and allows you to cash checks for up to $150 at any UCB office.

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IT'S EASY TO GET A UNITED ACCOUNT.

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GET IT STRAIGHT FROM UCB.

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PETER O. WHITELEY

Redwood staves *from a water tank, smoothed with a floor sander and painted with plastic sealer, make the deck. Staves for trellis were left rough*

Garden remodel: everything you see here and more at a cash cost of just $613

Here's a skinny but hard-working back garden designed and built by its owners, the Maynard A. Crowthers of San Jose. It combines a trellis-sheltered deck and tiled patio, a generous lawn, privacy plantings, vegetable garden, and two-story play structure—all in a 26 by 60-foot space.

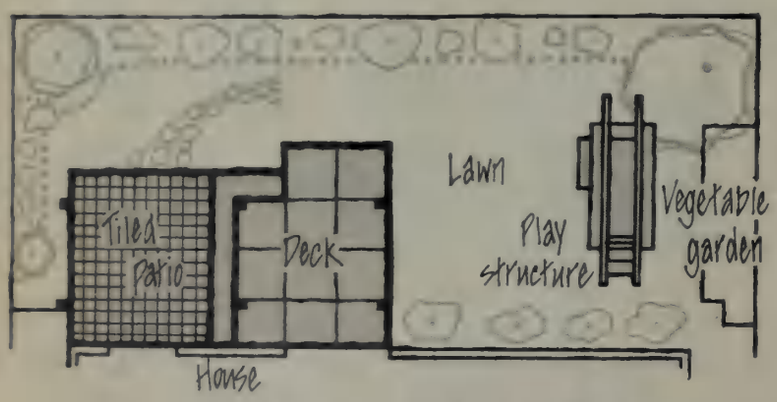
Both the floor-level deck and two-part trellis were built from a salvaged 12 by 18-foot redwood water tank. It provided 110 staves, each 3 by 6 inches wide and 12 feet long. The best were used for the decking, built in 4-foot-square modules. The others were used for the trellises. Those heavy trellis-support beams you see in the picture at lower right are 6 by 6's from an old barn that was being demolished.

The water tank and barn wood cost $250; add another $50 for hardware and sealer.

The play structure in the background of the big photograph was inspired by one in the *Sunset* book *Children's Rooms and Play Yards,* modified to fit better into the overall garden design. Materials for this came to $111.

Next to the deck is an 11 by 14-foot ground-level patio made of 12 by 12-inch Mexican tiles set in grout over a concrete base. Cost: $120.

The lawn is edged with foot-long sections of redwood logs set vertically into the ground. Redwood rounds were laid down in a gravel bed for a path. Cost: $82—producing a total of exactly $613 for the back yard renovation. □



All of this *happens in a back garden 26 feet deep and 60 feet wide, with areas for adults and children*

Trellis *shields the two outdoor living areas—the deck for sitting, the patio beyond for dining*

Lawn edging *made of 4 to 6-inch-diameter log sections, half-buried in the ground, matches texture of pathway rounds*

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PETER O. WHITELEY

Combination planter and deck rail *offers an unusual alternative to ordinary deck enclosures; water from plants drains through planter bottom, runs off deck*

The planter-rail is decorative and it's very safe

Gene Hennen's open planter rail answers several needs: It shows off plants and flowers, keeps the deck safe for small children, and doesn't hem in the outdoor space.

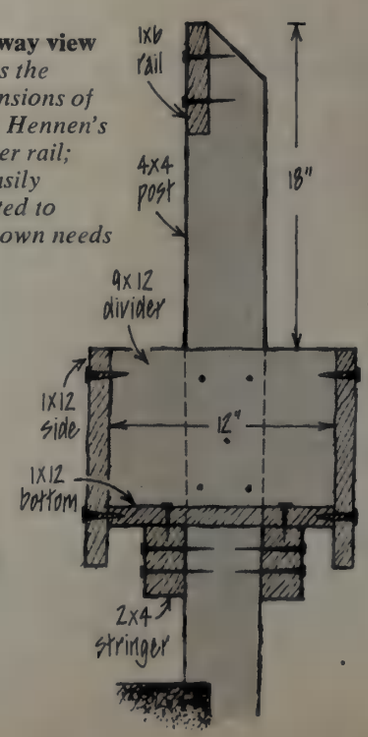
To build one like it, adapted to your own deck, you'll need rough redwood 1 by 12's, 4 by 4's, 2 by 4's and a 1 by 6; also 2½-inch woodscrews and 2½ (8d) and 4-inch (20d) galvanized nails.

First notch and bevel the tops of the 4 by 4 posts as in the drawing below, then bolt them to the deck edge. Using 4-inch nails, nail 2-by-4 stringers on both sides of the posts, making sure they are level.

For the bottom of the planter, cut 1 by 12's to fit between the posts and nail them to the 2 by 4's with 2½-inch nails. Cut 9 by 12-inch dividers and nail them to the sides of the posts. Now screw the 1-by-12 sides to the bottom 1 by 12 and to the dividers, using 2½-inch woodscrews.

Nail the 1 by 6 top rail in place with 2½-inch nails and paint the inside of the planter with an asphaltic emulsion. □

Cutaway view *shows the dimensions of Gene Hennen's planter rail; it's easily adapted to your own needs*



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Designer: Mickey Blalock

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It's coming on fast . . . the variable interest rate loan

In the past two years, two major banks and many state-chartered savings and loan associations in California have introduced the variable interest rate loan for residential mortgages. Economists predict that the trend may spread throughout the West, so it's a good idea to become familiar with this concept wherever you live.

Basically, the variable interest rate mortgage loan (VRM) is a gamble. Over the life of the loan, the interest rate you pay may be adjusted to follow changes in a federal money statistic, as we explain later. If this point of reference goes up, so can the interest rate on your loan, to a maximum of 2½ percent extra. If the point of reference goes down, your interest rate must drop (there's no bottom limit).

Such a plan minimizes the risk the lender is taking, and purportedly makes more mortgage loans available during periods of "tight" money. In recognition of this, the lender may offer you a reduced initial rate of interest—say 9 percent instead of 9¼ percent. And he'll point out other advantages, as detailed later.

Theoretically, if you borrow $40,000 today at 9 percent interest over 30 years and if five years from now the rates have risen by the maximum 2½ percent, your

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"No, sir," the first disbeliever interrupted. "Dogs like food that's moist and meaty."

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"Our dog won't eat it," the first disbeliever said.

At which point their dog began eating it.

Stunned silence.

"And you don't know nuthin' about checkers, either!" said the second disbeliever, jumping all the first disbeliever's checkers in a single move.

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monthly payment could increase from $322 now to $396 then. Or it could drop proportionately. (In reality, the interest borrowers are paying on VRMs taken out since 1975 has not changed, despite many changes in the interest rates for conventional fixed-rate loans.)

How it works in California

Twice a year the Federal Home Loan Bank of San Francisco publishes a "cost of money standard" based on interest and dividends paid by state savings and loan associations. (This is a very stable statistic, quite distinct from the "prime rate" which is set by commercial bankers according to their judgment of money market conditions.)

Should the cost of money standard increase by at least a tenth of a percent, loan companies have the option to raise their interest rates proportionately, up to ¼ percent per six-month period; if it decreases they must reduce their rates. (The two participating banks have chosen to use the savings and loan standard; they are not obligated to.) Presently, laws limit interest rates paid out by savings and loans, which in turn stabilizes the cost of money standard. This April, Congress extended ceilings on these rates through December 15.

To influence the home owner's acceptance of VRMs, lenders have added features to make them more attractive. These vary with each company.

The rate may start lower

Sometimes the VRM initial rate is ¼ percent below the rate of a conventional fixed-rate loan. If this is combined with the feature that interest won't begin to change for one year—even if rates climb to the maximum allowed—your cost could not catch up to the fixed rate for at least a year.

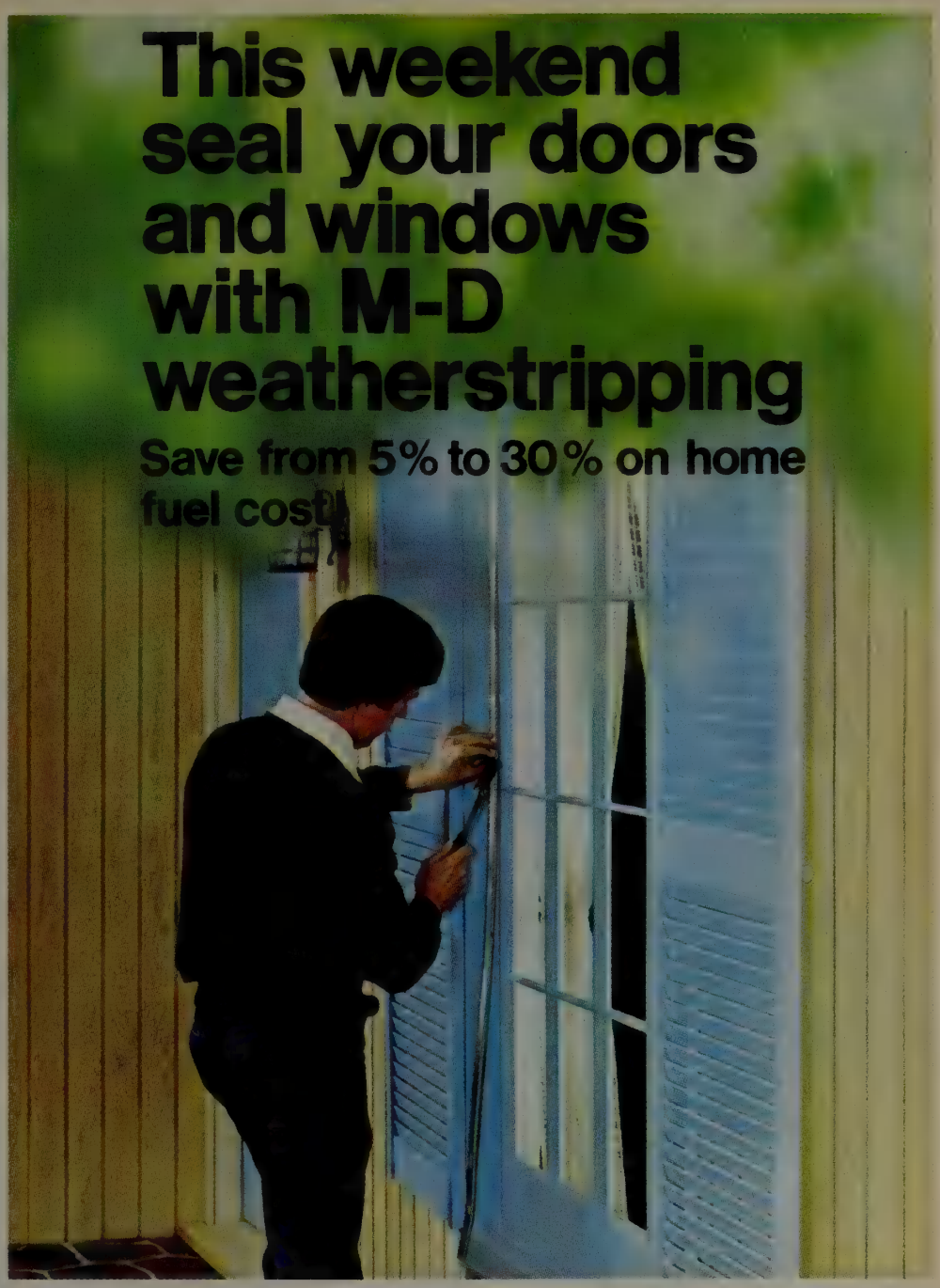
Prepayment pluses

If there is a rate increase, you have 90 days from notification to pay off the full balance without a prepayment charge. (A typical prepayment charge on a fixed-rate loan during the first five years is six months' interest on the remaining debt after you subtract 20 percent of the original loan. Sometimes this charge will be waived if the buyer of your house finances through the same lender.)

Additionally, some VRM lenders will let you pay as much as 20 percent of the original loan amount per month without a prepayment charge. (By law you can pay 20 percent per 12-month period on fixed loans.)

Portability, assumability, extendibility

If you have a good payment record, your lender may allow you to apply the loan on the house you sell to the purchase of another one to four-unit residence at your current balance, rate, and monthly



Drafts around doors and windows of your home are costly. They can cause your home fuel bills to soar! And it is so easy to stop drafts with do-it-yourself M-D window and door weatherstripping. Many M-D weatherproofing products come in kits ready to install on standard doors and windows. This weekend cut your home fuel bills as much as 5% to 30% by sealing out those drafts around your doors and windows with M-D weatherstripping.

You'll find a complete line of energy-saving M-D weatherproofing products at your hardware, building supply or home center dealer. And always ask for M-D products by name.

Yes I want to cut my home fuel cost. Rush me your 10 page booklet on "How to Save Money with ESP"

Name_____

Address_____

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Mail with 25 cents in stamps or coins to:

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P.O. Box 25188
Dept. SL2
Oklahoma City,
Oklahoma 73125

Shouldn't your living room be as modern as your lifestyle?

"2-pc. sectional." As shown. **$898**

Make your living room, family room or den exactly what you want it to be. Choose from twenty basic pieces that can be arranged to make just the shape and size unit you want. Then pick from a wide selection of custom upholstery fabrics. Bright casual prints, deep rich tones for a more formal look or almost anything in between. Come in and see one of the most versatile and attractive groups available. You'll find everything from a chair to a queen sleeper.

©1977 JCPenney Co., Inc.

"Sofa and love seat." As shown. **$958**

"5-pc. modular group." As shown. **$1435**

With "Harvard" arrangeables from JCPenney, the choice is yours.

Available at most large JCPenney stores. Prices slightly higher in Hawaii and Alaska.

payment. You have 90 days after closing the sale of your house to do this, subject to a 1 percent fee of the unpaid balance.

When you sell, any qualified buyer can "take over" your loan at the current balance, rate, and monthly payment, even if rates for new loans are then higher. (Obviously, this is useless if rates are lower.) Again, there may be an assumption fee of 1 percent.

In some cases you can extend the maturity of a VRM loan up to 40 years to help offset the effect of any rate increase on your monthly payment.

Some final considerations

When you're buying a house, the special features we've discussed may make the VRM loan appealing, especially if you foresee selling that house and moving to another within a few years.

However, some financial advisors point out these four potential drawbacks:

First, the traditional risk-bearing function of the lender is somewhat shifted to the consumer. Next, a large VRM loan does not provide consumers with a substantial cushion against inflation, as a fixed-rate mortgage will. Also, the reference index (at present, the cost of money standard) upon which variable rates are based may become subject to legal manipulation. And finally, some economists doubt that interest rates will really drop. □

PETER O. WHITELEY

Swim shift from kitchen towels

Introduce a child to sewing with this simple terry swim shift; it goes together in minutes and will fit a range of sizes.

Pin two kitchen towels (the ones shown are 16 by 26 inches) with right sides together. Starting at one outer edge of the top of the towels, sew a 3-inch-long shoulder seam; repeat for another shoulder. Turn right side out, try it on, then tack together at the hips. □

YOUR GARDEN FOR ALL SEASONS!

Plants and flowers will flourish all year 'round in this superbly designed greenhouse window. There is spacious shelving for plant display... sliding vents to adjust temperature and air-flow... sun-screened tempered glass roof to prevent scorching... rich white or bronze painted finish aluminum framing to enhance the beauty of your home. Comes in various sizes to easily install in most existing window openings. Write or call today for the name of your nearest dealer.

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Builders of fine quality windows for over 20 years

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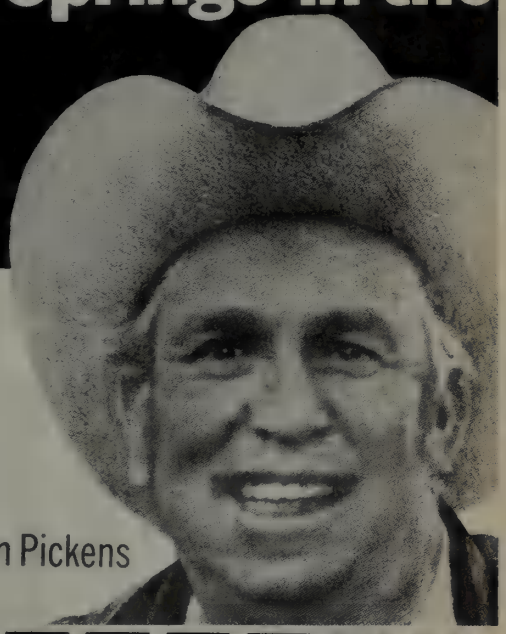
Di Giorgio Corporation, 355 Vineland Ave., City of Industry, CA 91746 (213) 968-5573

"Move to Gold Springs in the heart of the Mother Lode.



Slim Pickens

Gold Springs in the heart of Tuolumne County, offers good Country living. You'll enjoy the clean, clear air, oak and pine trees, and the beautiful 1 to 2 acre lots. All underground utilities, and no assessments or bonds! Write today for a free colorful brochure. Obtain the HUD Property Report from the developer, and read it before signing anything. HUD neither approves the merits of the offering nor the value, if any, of the property.

Gold Springs is 5 miles from Sonora, 1 mile from Columbia, on Parrotts Ferry Road.

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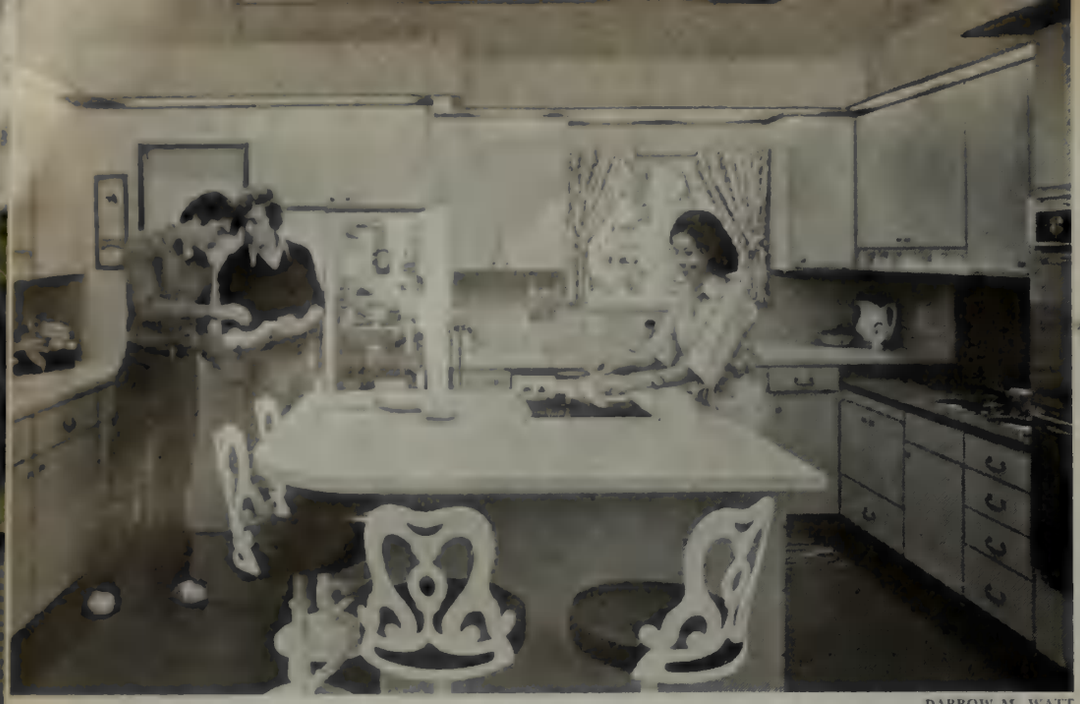


DARROW M. WATT

U-shaped kitchen *with center island controls traffic. Left aisle is for snack making, right aisle is for meal preparation. The refrigerator is common ground*

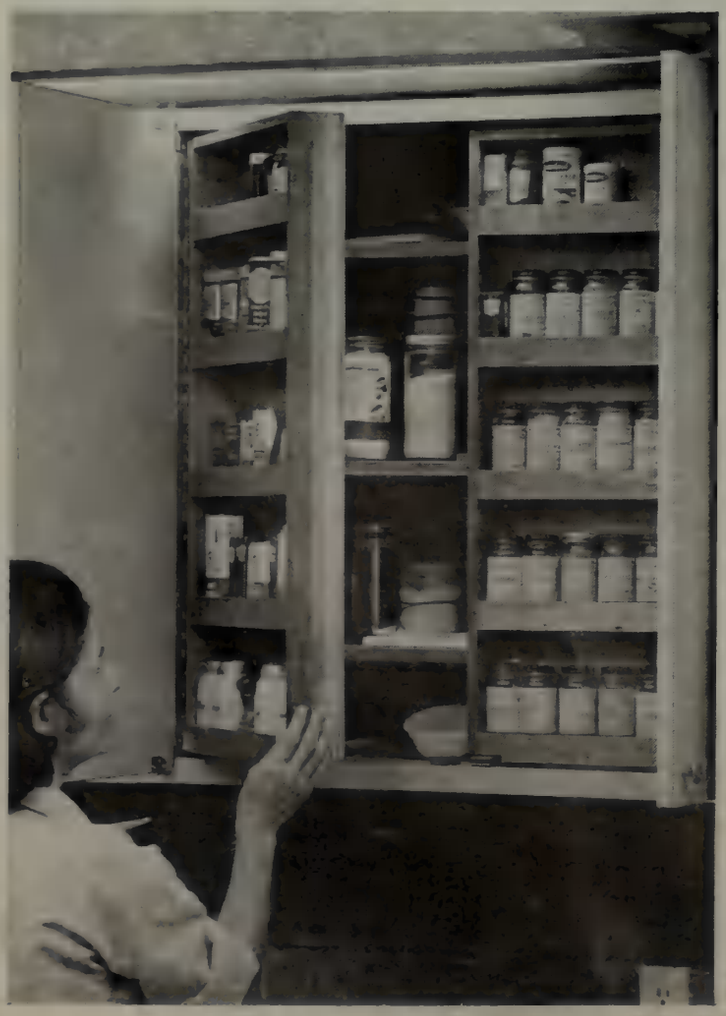
Beverage center

Bar sink, built-in mixer, and glasses are all together. Plastic pull-out bins hold coffee, tea, sugar, spices

This kitchen cuts down the cook's walking mileage

Sandwich center

Pop-out toaster was built into island above metal-lined bread drawer. Next to beverage center, it's out of cook's way



Spice center

Swinging shelves inside doors of cabinet over range keep spices handy but away from steam and grease. Shelves behind provide additional storage. Spice racks pivot on piano hinges

"I must have walked 5 miles a day to prepare meals in my old traffic center." Today Mrs. Norman Guinasso may walk yards, but not miles. A new plan by kitchen designer Jan Gay pulled mealtime appliances together compactly, with ample room for other activities.

"I can cook while my children make a snack and their friends sit at the island —all without being in each other's way," says Mrs. Guinasso. □

A Parent's Guide to a little Peace and Quiet this Summer.

Eeegad! School is out!

Are you ready for the big "basset-hound" stares?

Are you ready for: "Awwww Mom, I'm sooo BOOOORED!" and "Geee, Dad, can't we join the Country Club Pool like Cedric Vanderwick's folks?"

So you're *not* loaded with great ideas and bags of money, huh?

There's help. In your family guide to summer fun:

The Yellow Pages.

Really. Start by looking through the Index. (At the back of the Yellow Pages.)

Just run your finger over the alphabetized headings and see what ideas pop up:

Ah. "Art Schools." Too expensive? Call. You might find they cost less than you think. Or you may get a line on a *free* public one.

"Art Needlework." (Some stores may give free lessons with purchases.)

"Athletic Organizations" might lead to a whole summer of activity for *all* the kids.

"B" is for "Ballet Schools," "Boats-Charter" and "Bee Keepers" (what fun to visit!)

How about "Boxing Instruction" (see "Gymnasiums").

Or would your young Florence Nightingale volunteer for "Birds-Rescue Service?"

"C" is for "Campgrounds," "Carnivals," "Candle Mfr's. Equip. & Suppls.", and "Circus Companies!" (they'll tell you when the next one is in town).

"Dramatic Instruction"?

"Fishing Suppls." could be all you need, period.

"Garden & Lawn Equipment" suggest a vegetable garden project maybe?

OK. We're only up to the "G's" and with a *thin* sampling we've already listed 16 ideas.

Think there won't be much left when you get to X, Y, Z? Try "Xylophones," "Youth Organizations" (a great one!) and "Zoological Gardens."

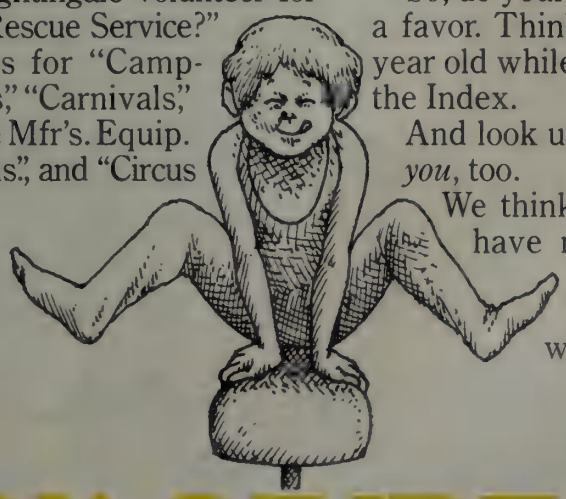
The Yellow Pages is packed with ideas. Right to the end.

Any one idea could open up a whole new direction for a child. For the summer. Or maybe for life.

So, do yourself and the kids a favor. Think like a 5 or 10 year old while you go through the Index.

And look up some ideas for *you*, too.

We think you just might have more peace and quiet than you'll know what to do with this summer.



THE BOOK OF IDEAS

IT'S THE YELLOW PAGES FROM PACIFIC TELEPHONE.

If you go for the first deal you get on a property improvement loan, you may be in for a surprise.

Let's face it, when you're thinking about putting in a pool or remodeling the kitchen, or any other project, you don't jump at the first bid you get. You shop around. And that's smart.

But don't stop there. You should be just as smart about getting the financing you'll need to have that work done.

And we can help. A two or three minute phone call to any one of our consumer loan specialists can tell you what the true cost of your loan should be. We can show you what to look for in a property improvement loan, and what your various options are. What's more, in many instances we can actually save you hundreds of dollars.

The fact is, not all loans are the same. And that's why it's smart to shop around and make sure you get the best loan you can. You deserve that.

GLENDALE FEDERAL
SAVINGS AND LOAN ASSOCIATION
With over $2.5 billion in assets and 60 offices in California.

To get things started fast, call any one of our Consumer Loan Specialists listed: Los Angeles County (North) (213) 877-0571 • Los Angeles County (South) (213) 861-6711 • Los Angeles County (East) (213) 446-5238 Los Angeles County (West) (213) 373-7796 • Orange County (714) 631-1410 • Santa Barbara/Ventura Counties (805) 647-6637 • San Diego County (714) 270-5780 • No. County (San Diego) (714) 726-6230 Riverside/San Bernardino Counties (714) 785-5440 • Greater San Francisco Bay area (415) 952-0400 Palo Alto area (415) 493-2912 • San Jose area (408) 286-3341.

NORMAN A. PLATE

Near top *of brackets, barbell held by bolts is high enough for chinning*

Barbell rack . . . it's shelf brackets

Steel shelf brackets serve as a sturdy barbell rack and guide in this backyard weight-training setup. To make lifting easier and safer for his three sons, Marvin Todd of Phoenix devised the simple support with four heavy-duty steel standards, typically used for warehouse storage shelves. (To find outlets, look under Shelving in the yellow pages.)

Bolts anchor the tops to the eaves of the house, and the bottoms to metal base plates sunk in concrete in the ground. The barbell rests on long, ¼-inch bolts that fit through bracket slots. The bolts can be lowered or raised for squats, overhead presses, or chinning. □

Black tape *on brackets marks lifter's starting position for squats and presses*

Before you spend $1,000 on your bathroom, spend 50¢ on our new book.

If you're building or remodeling, you owe it to yourself to find out about ceramic tile. Just send 50¢ for a full-color book of tile facts and ideas.

It could very well be one of the smartest investments you'll ever make.

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City_____ State_____ Zip_____

Ceramic Tile Idea Book

Tile Council of America, Inc., P.O. Box 2222, Room 744, Princeton, New Jersey 08540

The Changing Western Home®

Wine cellar cooling kits

Anyone who has invested in fine wines should also consider proper storage. To keep your cellar at an even 55° even on the hottest days, Vintage House, Inc. (1254 Montgomery Ave., San Bruno, Calif. 94066) has introduced two refrigeration systems that are easy to install.

If your cellar already has proper seals, insulation, and vapor barriers, all you do is mount and plug in either unit. The smaller one ($595) can handle a 5 by 5 by 8-foot cellar, while the larger one ($895) works for rooms up to 8 by 8 by 8 feet.

DOROTHY G. BRADLEY

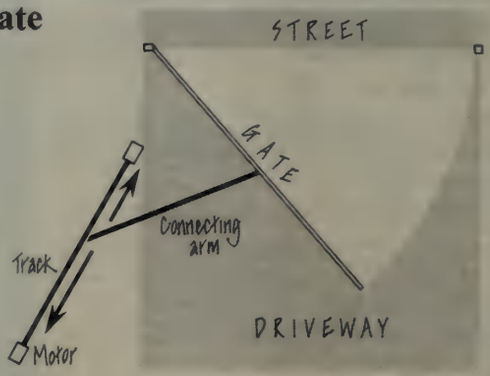
Basket-weave shade screen helps to keep house cool

Until a couple of years ago, the morning sun used to bake the east side of Leonard and Lillian Troxell's house in Antioch, California. Their second-floor kitchen and third-story bedroom got unbearably hot. Mr. Troxell's successful solution is this lightweight wall-size screen that blocks the sun's rays a f away from the wall.

The 16 by 20-foot framework uses th wall ¾-inch pipe fittings to join th wall ¾-inch conduit. Although conduit is not threaded, it can pushed and twisted into the fittin

Garage-door opener works for driveway gate

W. D. A. STEPHENS



The convenience and security of an automatic driveway gate doesn't have to be overly expensive. Using a $150 automatic garage opener, Binkley Fidge of Menlo Park, California designed and built this remote-control gate for the Robert E. Pattersons.

Here's how it works: A hand-held transmitter in the car activates the motor. Motor and track are bolted to a pair of 2-foot-high posts located in the bushes next to the driveway. Little shingled roofs protect posts and motor from bad weather. A 1¼-inch pipe arm connects at top and bottom to the 15-foot-wide X-braced redwood gate, which swings on four 10-inch strap hinges mounted to a sturdy post.

To keep the gate from popping open or closed when the impact-sensitive arm hits either end of the track, a small cushion of rubber strapping was added where the arm links to the track glide.

n joint is then drilled and pinned n aluminum nails.

er allowing the 4-inch redwood derboard to dry and shrink, they ted the boards with a wood preserv- e, then wove them around the ver- conduits. A border of 2 by 3's nes the window openings. Materials $160 altogether.

A woodworker's dream shop

For lovers of woodworking and fine ools, there's a new shop to visit or vrite to: The Cutting Edge, 295 S. Robertson Blvd., Beverly Hills 90211.

Among its stock of fine tools and upplies are the extremely high-quality aws, chisels, planes, rasps, benches, lamps, vices, and marking tools found n the Garrett Wade Yankee Wood Craftsman collection. (You can request he Garrett Wade catalog from this new store.)

The Cutting Edge also has rare and unusual finishes and books on wood- vorking. Visitors will see examples of abinetry and carving displayed. Check vith the store for possible future classes n sculpture and cabinetmaking.

Expanding foam caulk from a can

DARROW M. WATT

A new concept in caulking has just become available. It's a urethane foam insulating sealant in an aerosol can. We've found two brands in hardware stores and home improvement centers: Polycel One and Handi-Foam.

When you push the top, a bead of foam flows out like shaving cream and then expands to at least twice its volume before setting up to a smooth rigid foam.

You can't use it in exposed areas because the sun's ultraviolet rays will eventually break down the foam after it's hardened. But it's good for sealing air leaks and blocking sound in concealed areas where conventional insulation won't reach or conventional caulks are impractical: between framing and finished jambs, around electrical outlets, around plumbing where it goes through walls, under corrugated siding or roofing.

An 18-ounce can ($7 to $10) should produce over 600 cubic inches of rigid foam.

NORMAN A. PLATE

Party idea: portable privies to save water

A pack of partying people can flush away several hundred gallons of water, and in some dry areas this summer that could be several days' allotment. If water is in short supply where you live, and your summer plans include a large gathering, consider renting a no-flush chemical toilet for the occasion.

Look in the yellow pages under Toilets—Portable, then choose a model suitable for your group size, the occasion, and your wallet. Rates (including delivery and pickup) range from $15 for wooden one-holers up to $40 for plastic models like the one shown above. Modern venting designs and effective use of chemicals have made these privies quite bearable.

Kids are priceless at Ramada.

We think so much of kids at Ramada that we've given them a special rate all their own — *free*.

Our special Ramada family vacation plan lets Kids 18 and Under Stay Free* in their parents' room. And, when you add that to our surprisingly competitive prices for Mom and Dad, you can have a very reasonably priced vacation.

For worry-free reservations at any of our nearly 700 Inns, call toll-free 800-228-2828 (in Nebraska, 800-642-9343), dial the Ramada Inn nearest you or call your travel agent.

Next time, stay with the Inns who think kids are priceless. And have a special plan to prove it.

*Rollaway beds available at a small extra charge.

For your free Ramada Inn Directory listing rates and locations for nearly 700 Inns, write P.O. Box 590 RW, Phoenix, Arizona 85001.

We're building a reputation, not resting on one.

NORMAN A. PLATE

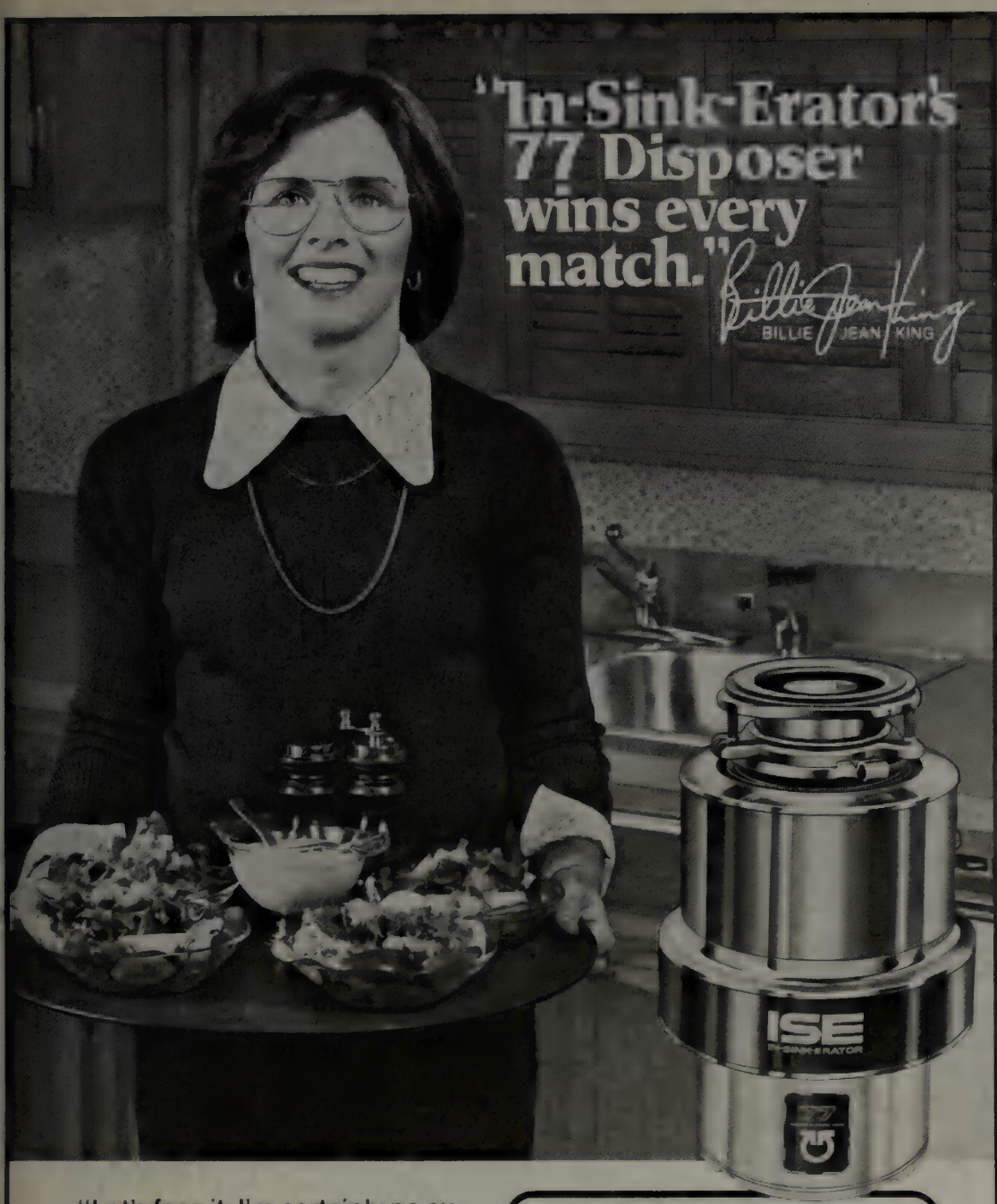
Strong wire *threads in and out of rail stringers, hidden by molding at top. Vertical 2 by 2's every 18 to 20 inches keep stringers from bowing*

See-through rail is threaded wire

This deck railing doesn't obstruct the view and still provides good security. Instead of using traditional wood verticals, Betty and Gordon Hodgins of the Kailua-Kona area of Hawaii drilled holes every 3 inches in the 2-by-4 horizontal stringers and threaded them with twisted stainless steel wire (specify 6 by 19 by ¼-inch).

The wire, available at marine supply stores, was pushed through the hole in one end of the bottom stringer, and looped and stapled to the underside to anchor it. The Hodgins pulled it taut each time they looped it through the remaining holes, then cut, looped, and stapled it at the last hole.

Thinner wire or dacron rope could be substituted; either would cost less and could still be strung tautly. If there are children about, don't use any material that gives easily. □



"Let's face it, I'm certainly no expert on kitchen appliances.

"But one product I have in my kitchen and think is just great, is an In-Sink-Erator Model 77 disposer. From my own experience I can tell you that it's fast, quiet and it grinds up banana peels, fruit pits & bones.

"In-Sink-Erator's Model 77 has a more powerful disposer motor and other features that help it do the job better and last longer. When you need a new disposer, check out In-Sink-Erator... the inventor of disposers. It's really just great at grinding it out."

The Model 77 match points:

- Automatic reversing action practically doubles life of the disposer's grinding elements.
- Tough inner shield protects the 77 against the action of corrosion.
- Rugged ½ hp instant start motor designed and built especially by In-Sink-Erator for its disposers.
- Stainless Steel grind chamber.
- Self-service "wrenchette" to clear jams from foreign objects yourself.
- Factory authorized Service Centers in more than 1,200 cities.
- Replaces any brand fast and easy.

Consistent performance in the kitchen.

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Contact the I-S-E dealer nearest your home:

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Suenderman Co., 921 University Ave.

CAMPBELL
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Winchester Hardware, 2127 Winchester Blvd.

CONCORD
Sattlers Appliances-Built-Ins, 2304 Willow Pass Rd.

EL CERRITO
Hopkins Plumbing, 10362 San Pablo Ave.
Olivero Plumbing, 11360 San Pablo Ave.

FREMONT
Automatic Appliance Service, 37383 Fremont Blvd. (782-1466)
Dale Hardware, 110 Center Square

HALF MOON BAY
Shade Plumbing, 724 Kelly Ave. (726-2150)

HAYWARD
Amerit Appliance, 27822 Mission Blvd. (881-1513)

LIVERMORE
Ace Hardware, 28 South P St.

MILBRAE
Carol Flynn Plumbing, 180 El Camino Real (697-1535)
Jerry Moreland Plumbing, 339 El Camino Real (589-2500)

NAPA
Ace Hardware, 325 Lincoln Ave.

OAKLAND
C. Markus, 301 Jefferson St.
J. B. Turner & Sons, 3911 Piedmont Ave.

PETALUMA
McPhails, 1000 Lakeville

REDWOOD CITY
John Boudreau Plumbing, 871 5th Ave. (366-5393)
Redwood Plumbing, 1620 Industrial Way (369-1793)

SACRAMENTO
C & C Plumbing & Builders Supply, 7232 Stockton Blvd.
Ray O. Cook Mechanical Contractor, 5534 Elvas Ave.

SALINAS
Sawyer & McCarty Corp, 3 Spring St.
Vals Plumbing, 413 Front St.

SAN CARLOS
Standard Supply Co., 501 Industrial Rd.

SAN FRANCISCO
J. Borg Supply, 3175 17th St. (626-1535)
City Builder Supply, 1621 Mission St.
Claussen & Patten, 633 Taravel St. (661-2050)
Hurley Plumbing, 1511 Irving St. (564-7050)

SAN JOSE
Century Plumbing, 1338 Lincoln Ave. (296-1718)
Inland Plumbing, 680 Commercial St. (293-3646)
Miller Home Appliance, 966 South Bascom Rd. (297-1024)

SAN LEANDRO
Reynolds, 14222 E. 14th St.

SAN RAFAEL
McPhails, 917 C Street

SANTA CRUZ
Eastside Hardware & Building Supply, 1817 Soquel Ave.

SANTA ROSA
McPhails, 7th & Mendocino

SEASIDE
Del Rey Supply, 568 Charles Ave.

WALNUT CREEK
Kelleway Hardware, 2721 North Main St.

UTAH

MURRAY
Towers Murray Plumbing Co., 5666 South State

OGDEN-SYRACUSE
Smedley Plumbing & Heating, 1930 West 2250 South

SALT LAKE CITY
Fereday's Plumbing & Service, 2710 South 300 East

Slide works both ways *for 2-year-old Danny, who decided to begin his investigation by climbing it*

Plywood playthings . . . for climbing, for sliding, for playing house, store, or boat. You don't need power tools. Total cost: $75

These two plywood constructions, one big and one small, are no mystery to youngsters—they recognize them immediately as playthings.

Cynthia Richardson and Merrilinn Zeppa of Seattle designed and built them as a course project in architectural design at the University of Washington. Their children, from 2 to 10 years old, have been enjoying them ever since.

Sized to move easily through a standard doorway, the two units can be used inside or out. They provide footholds and a plastic chain ladder (available at some hobby stores and bicycle shops) for climbing, holes to wiggle through, steps and a slide to scramble up and down. A 3-inch foam rubber pad, intended to cushion leaps and quiet the clatter of feet, has proved to be a favorite spot for a nap as well.

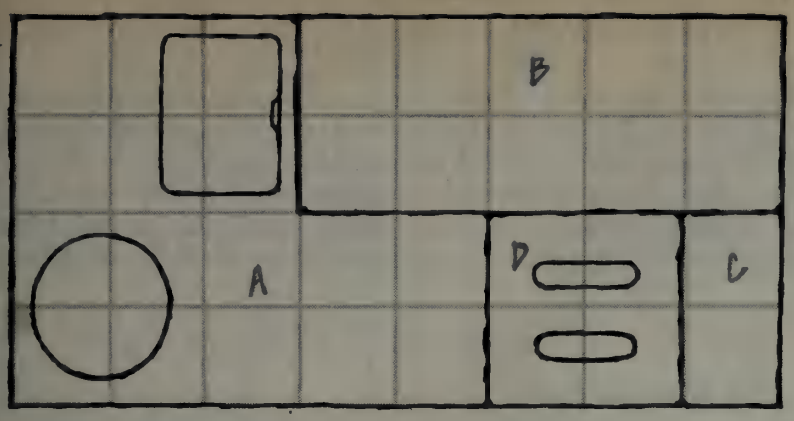
The small unit can be moved around, even by a young child, to various sides of the large unit. Together, the two can become a house, store, boat, secret hideaway, tent (if you throw a sheet over it), or anything a child's mind can invent.

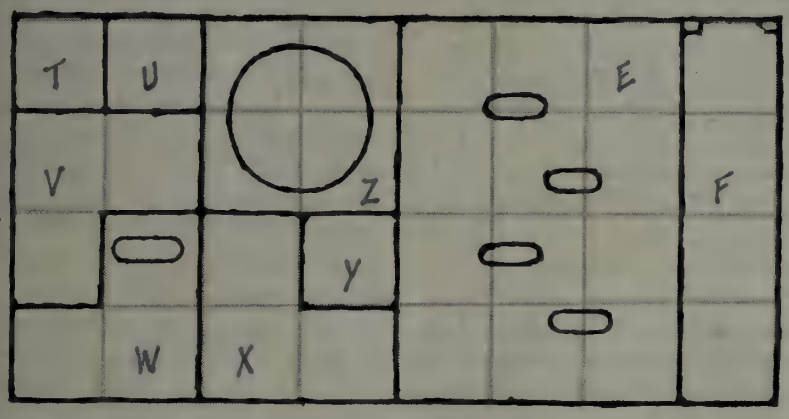
Construction requires no power tools, though a saber saw can help you cut plywood shapes. All the plywood pieces are nailed and glued to a framework of 2 by 2's (large unit) or 1 by 1's (cube). Be sure to round all corners and sand well. Finish by sealing or painting.

Plastic laminate makes the removable slide both slippery and sliver free. A piece of black, mat-finish plastic laminate on one side of the little door in the large unit works as a chalkboard. Total cost was less than $75. □

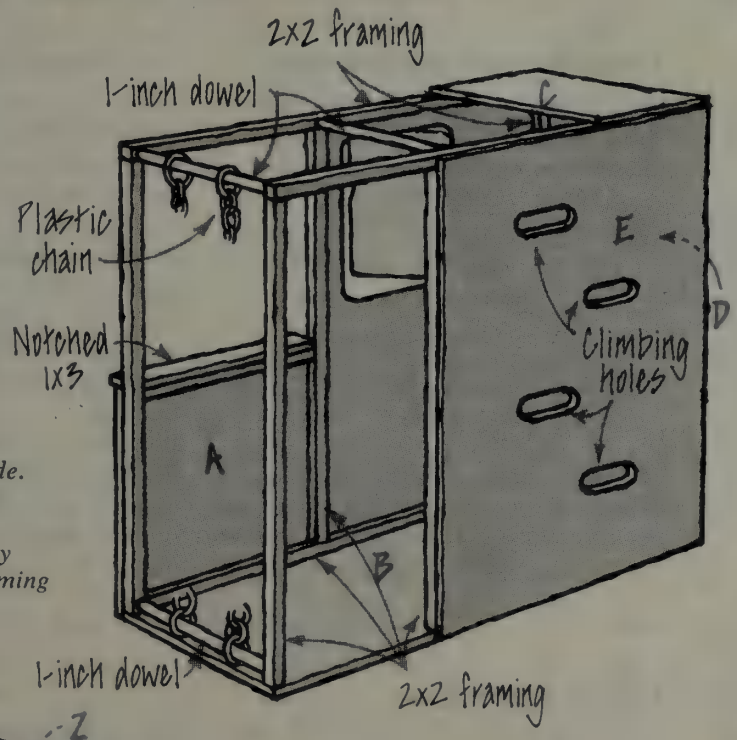
DON NORMARK

It's a hard struggle, *but worth it to get aboard this new toy*

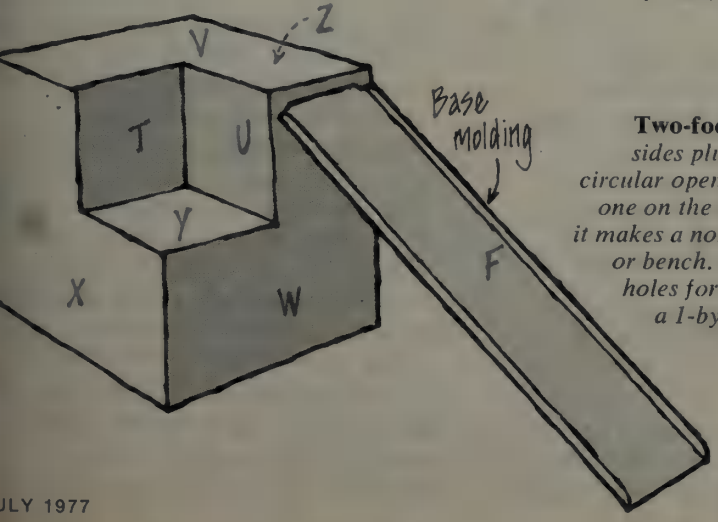




Cut pieces *for both units from two 4 by 8-foot sheets of ½ or ⅝-inch plywood; gray grid lines are 1 foot apart*



Big unit *measures 5 feet long, 4 feet high, 2 feet wide. Attach door with cabinet hinges; add a small stop on the inside. Preassemble all parts before starting to nail and glue; you may have to do some trimming*



Two-foot cube *has two open sides plus one crawl-through circular opening that matches the one on the larger unit. By itself, it makes a nontippable step, table, or bench. Include one or more holes for ramp to fit into; add a 1-by-1 lip to top of ramp so it won't slide out*

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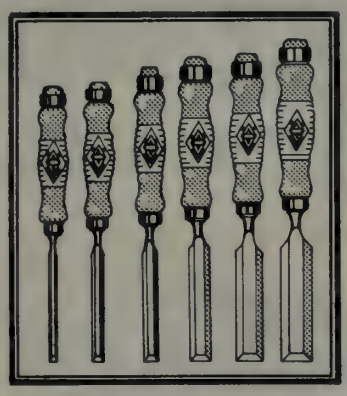

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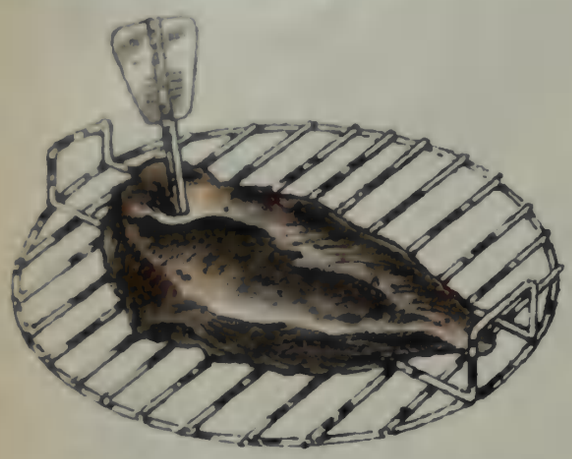
Sunset's Kitchen Cabinet®

Partaking of a picnic or barbecue supper before the fireworks begin is all part of getting into the Fourth of July spirit. For a holiday entrée, we suggest the grilled brisket, which can be especially economical for a crowd. Accompaniments might include th vegetable salad or baked squash. Fo dessert, what could be more appro priate than blueberry cake?

Other summer menus might feature light cheese soufflé or an elegant com



Use a meat thermometer to cook brisket medium rare for juicy, tender servings

Barbecued Brisket of Beef

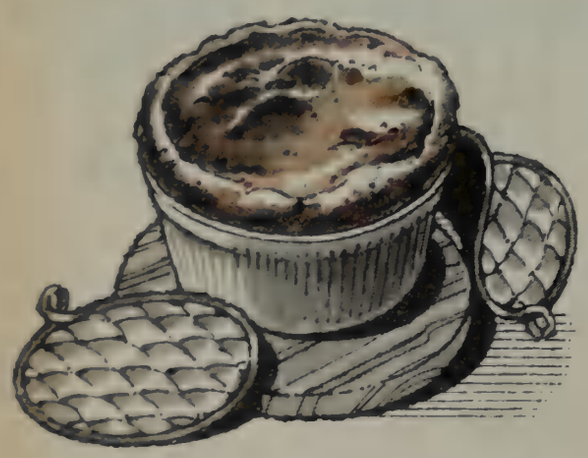
Another time, try a 5-pound beef chuck roast instead of the brisket.

- 4 to 5 pounds boneless beef brisket
- 2 tablespoons *each* vinegar, Worcestershire, and chile powder
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 large onion, chopped
- 2 cloves garlic, minced or pressed
- ¾ cup catsup
- 1 cup water
- Unseasoned instant meat tenderizer

Place the beef in a large plastic bag. Stir together the vinegar, Worcestershire, chile powder, salt, pepper, onion, garlic, catsup, and water; pour over meat, then tie bag with a wire twist. Chill at least 6 hours or over night, turning once.

Lift meat from marinade; scrape of excess (reserve all marinade fo sauce), then pat dry. Apply tenderize according to manufacturer's direc tions. Cook meat 6 inches above low-burning charcoal fire, turning fre quently for 25 minutes or until a mea thermometer registers 135° in thick est portion.

For the sauce, heat reserved marinad to boiling. Cut meat across the grai into thin slanting slices. Accompany with the sauce. Makes 12 to 15 serv ings.—*A. G., Lewiston, Idaho.*



For lunch or supper serve moist, puffy soufflé as soon as it comes from the oven

Cheddar Soufflé with Pineapple

Bits of pineapple and nutmeg add a sweet, nutty flavor to this soufflé.

- 4 tablespoons butter or margarine
- ⅓ cup thinly sliced green onions
- 4 tablespoons all-purpose flour
- ¾ teaspoon salt
- ¼ teaspoon *each* pepper and ground nutmeg
- 1 cup milk
- 1¼ cups (5 oz.) shredded sharp Cheddar cheese
- 4 eggs, separated
- 1 can (8 oz.) crushed pineapple, drained

Melt the butter in a 3-quart pan set over medium heat; add the onion and cook, stirring, 1 minute. Stir in the flour, salt, pepper, and nutmeg; grad ually stir in the milk until wel blended. Cook, stirring, over medium heat until mixture boils and thickens Stir in the cheese; remove from heat

Lightly beat egg yolks; stir in ¼ cu of the cheese mixture, then stir eg yolk mixture back into cheese mix ture. Stir in the pineapple. Beat th egg whites until stiff, moist peak form; gradually fold in the chees mixture.

Pour into a well-buttered 6-cup souf flé dish. Bake in a 375° oven for 4 minutes or until top is puffed and brown. Serve at once. Makes 6 serv ings.—*D. C., West Los Angeles.*

Layer three varieties of squash, two cheeses, wheat germ, sauce; then bake

Curried Squash Bake

This substantial vegetable side dish has a creamy curry-mustard topping.

- 2 *each* medium-sized zucchini, crookneck, and patty pan squash (about 1½ lbs. summer squash)
- Water
- ½ cup mayonnaise
- 2 teaspoons *each* prepared mustard and Worcestershire
- 1 teaspoon *each* curry powder and dry mustard
- ½ teaspoon ground ginger
- ¼ cup *each* toasted wheat germ and grated Parmesan cheese
- 2 cups (8 oz.) shredded jack cheese

Cut the squash into ¼-inch slices. Place in a steamer basket and steam-cook over 1 inch of boiling water for 5 minutes or until barely tender. Stir together the mayonnaise, prepared mustard, Worcestershire, curry powder, dry mustard, and ginger.

Place half the squash in the bottom of a greased shallow 2-quart casserole. Top with half the mayonnaise mixture, half the wheat germ, half the Parmesan cheese, and half the jack cheese. Repeat layers using remaining squash, mayonnaise mixture, wheat germ, and two kinds of cheese.

Cover and bake in a 375° oven for 20 minutes or until mixture is bubbly and cheese is melted. Makes 6 to 8 servings.—*N. M., Stanford, Calif.*

ɔany dish of boned chicken breasts illed with crab meat.

Ve welcome original recipes from ɔur readers. Send them to *Sunset Aagazine*, Menlo Park, Calif. 94025. Ve pay $25 for each recipe published.

For the Fourth, grilled brisket...for other days, Cheddar soufflé or chicken

Lemon Vegetable Salad

The crisp vegetables in this salad are ccented by a refreshing lemon juice ressing.

- 1½ pounds new potatoes
- Water
- 5 tablespoons olive oil or salad oil
- ⅓ pound mushrooms, quartered
- 1 small onion, chopped
- ¼ teaspoon cayenne
- 1 teaspoon *each* dry mustard, salt, and sugar
- 3 tablespoons lemon juice
- 3 carrots, coarsely shredded
- 3 stalks celery, sliced
- ½ cup *each* chopped parsley, chopped dill pickle, and mayonnaise

Cook the potatoes in enough water to over for 20 to 25 minutes or until fork tender. Drain, cool, peel, and cut into ¾-inch cubes.

Heat the oil over medium-high heat in a frying pan; add the mushrooms and onion and cook until onion is limp and juices evaporate. Remove from heat; stir in the cayenne, mustard, salt, sugar, and lemon juice.

Combine the potatoes, carrots, celery, parsley, and pickles in a bowl. Pour over the mushroom-oil mixture and stir gently to blend. Cover and chill at least 4 hours or overnight.

To serve, stir in the mayonnaise until blended. Makes 6 to 8 servings.—*N. M., Seattle.*

Sautéed mushrooms, onions join shredded carrots, new potatoes for hearty salad

Crab-stuffed Chicken Breasts

Assemble this entrée ahead, then refrigerate to bake and serve later.

- 4 chicken breasts (12 oz. *each*) halved, skinned, and boned
- ½ cup thinly sliced green onions
- ¼ pound mushrooms, thinly sliced
- ¼ cup butter or margarine
- 3 tablespoons all-purpose flour
- ¼ teaspoon thyme leaves
- ½ cup *each* regular-strength chicken broth, milk, and dry white wine (or use more broth for the wine)
- Salt and pepper
- [illegible] ounces crab meat, or 1 can (6½ oz.) crab meat, drained
- ⅓ cup *each* finely chopped parsley and fine dry bread crumbs
- 1 cup (4 oz.) shredded Swiss cheese

Pound chicken breasts between waxed paper until ¼ inch thick. Sauté onions and mushrooms in butter until juices evaporate. Stir in flour and thyme; blend in broth, milk, and wine. Cook, stirring, until sauce thickens; season to taste with salt and pepper.

Stir together ¼ cup sauce, crab, parsley, and crumbs; spoon equally onto chicken pieces; roll them around filling. Place, seam side down, in a greased 8 by 12-inch baking dish.

Pour over remaining sauce; sprinkle with cheese. Cover and bake in a 400° oven for 40 minutes or until chicken is no longer pink when slashed. Serves 8.—*I. R., North Sacramento.*

Pound chicken breasts to flatten; then top with crab meat filling, roll, and bake

Spicy Blueberry Cake

For the most attractive presentation, bake this cake in a fluted tube pan.

- ½ cup butter or margarine (softened)
- 1 cup sugar
- 2 eggs
- 2 cups all-purpose flour, unsifted
- 2 teaspoons baking powder
- 1 teaspoon *each* ground cinnamon and grated orange peel
- ½ teaspoon *each* soda, salt, and ground cloves
- 2 cups fresh or frozen (defrosted) blueberries
- ½ cup orange juice
- 1 teaspoon vanilla
- Orange glaze (recipe follows)

Beat butter and sugar until creamy. Add eggs one at a time, beating after each addition. Combine flour, baking powder, cinnamon, peel, soda, salt, and cloves; mix ¼ cup flour mixture with blueberries and reserve.

Beat remaining flour mixture into butter mixture alternately with orange juice until blended; stir in blueberry mixture and vanilla. Turn batter into a greased, flour-dusted 10-cup tube pan. Bake in 350° oven for 50 minutes or until pick inserted in center comes out clean. Cool in pan 10 minutes; invert onto rack. Drizzle with glaze. Serves 12.—*R. L., Phoenix.*

Orange glaze. Blend ½ cup unsifted powdered sugar and 1½ tablespoons orange juice until smooth. □

For those who don't mind the calories, why not enjoy blueberry cake à la mode

Your own French country picnic

Everything's cold. And you can make it all the day before . . . roast chicken, vegetable stew, pâté

ood food, a jug of wine, and a beautiful y are reason enough for a picnic. But the day is July 14 or thereabout, why t make it a Bastille Day picnic and ebrate France's independence day as ny French do?

ır version features some favorite ench picnic foods: country-style pâté, ld roast chicken with herbs, and a mmer-vegetable stew.

l these foods are well suited to picnic cking and planning. Both the pâté and w can be made up to several days in vance: their flavors improve with nding. The chicken can be roasted the y before or, if you prefer it at room nperature, cooked several hours be- e serving.

company the pâté and vegetable stew h two or three thin loaves (*baguettes*) regular loaves of French bread, but-, and a head of butter lettuce (washed l crisped). For dessert offer fresh sum- r fruits such as strawberries, raspber- s, peaches, nectarines, or plums. If ı wish, serve some unsweet cookies or cuits and dessert cheeses such as brie Camembert with the fruit. A fruity or white wine or light red wine com- tes this menu for six to eight people.

untry-style Pâté *(Pâté de Campagne)*

ıce 6 strips of bacon in a wide frying n. Cover with water and simmer, covered, 10 minutes. Drain; pat bacon dry.

Purchase ¾ pound *each* boneless veal stew (or ground veal), pork shoulder (or ground pork), and pork fat; and ½ pound chicken or beef liver. Using a food chopper or food processor, grind meats (if not ground), fat, and liver (or ask the meatman to grind it all for you).

Mix meat mixture with 2 eggs; 5 cloves garlic, minced or pressed; 2 medium-sized onions, finely chopped; ½ cup brandy; 3 teaspoons salt, 1½ teaspoons *each* rubbed sage and pepper; 1 teaspoon thyme leaves; and ¼ teaspoon *each* ground cloves, allspice, and nutmeg.

Place 1 bay leaf in the bottom of a deep 1½ to 2-quart baking dish. Lay 3 of the bacon slices over the bay leaf, extending bacon up sides of dish, if necessary. Pack meat mixture into dish. Arrange remaining bacon slices over top; garnish with another bay leaf. Cover with foil and set baking dish in a pan holding 1 inch scalding water. Bake in a 350° oven until meat had lost its pink color (cut a gash to test), about 2 hours.

Remove from oven; lift out baking dish, pour hot water out of pan, and set pâté back in empty pan to catch any juices that might overflow. Place a heavy weight such as cans, heavy pans, or bricks on top of foil-covered pâté. Let cool to room temperature, remove weights, pour off and discard any excess juices and fat, and chill up to 1 week before serving.

To serve, cut in thick slices and lift out pieces. Serve on a piece of crusty bread lined with a butter lettuce leaf; accompany with cornichon or gherkin pickles. Serves 8 to 10.—*I. R., Aptos, Calif.*

Summer-Vegetable Stew *(Ratatouille)*

Cut 2 medium-sized (about 1 lb. *each*) eggplants (peeled, if desired) into ½-inch-thick crosswise slices. Cut each slice into quarters. Sprinkle eggplant with 1 tablespoon salt; let stand while you prepare other vegetables.

Coarsely chop 2 medium-sized onions, 2 large green peppers, and 4 large peeled tomatoes. Cut 3 large zucchini in ½-inch-thick slices.

Rinse salt off eggplant; pat dry. Pour ¼ cup olive oil or salad oil in a 6-quart or larger Dutch oven and place over medium-high heat. Add the onion and peppers; cook, stirring, until limp. Add zucchini and eggplant and cook, stirring occasionally, until lightly browned. Stir in tomatoes; 4 cloves garlic, pressed or minced; 2 teaspoons salt; 1 teaspoon *each* dry basil and thyme leaves; ½ teaspoon oregano leaves; ¼ teaspoon pepper; and 2 bay leaves.

Bring to a boil; reduce heat, cover, and simmer until vegetables are almost tender, about 20 to 30 minutes. Remove cover and boil gently, stirring occasionally, until most of the liquid evaporates, about 10 to 20 minutes longer. Cool, cover, and chill. Makes 6 to 8 servings.

Roast Chicken with Herbs
(Poulet Rôti aux Herbes)

Rinse and pat dry 2 broiler-fryer chickens (*each* about 3 lbs.). Rub skin of each with 1 clove of cut garlic. Stuff the cavity of each with 2 bay leaves and 3 cloves garlic (including cut cloves). Stir together 6 tablespoons melted butter or margarine, 1½ teaspoons salt, 1 teaspoon pepper, ½ teaspoon *each* thyme leaves, rubbed sage, oregano and marjoram leaves, and dry basil.

Put 1 tablespoon of the butter mixture inside the cavity of each chicken. Tie chicken legs together. Brush chickens generously with butter mixture. Place breast side down on a rack in a shallow baking pan. Place in a cold oven, then turn oven to 425° (do not preheat). Bake about 45 minutes; turn bird over and continue baking, basting occasionally with any remaining butter mixture or pan drippings, until juices run clear and meat is no longer pink when slashed near bone, about 40 to 45 minutes longer. Let cool. Cover and chill, if made ahead. Serves 6 to 8. □

chickens *baked with herbs*
rlic, a refreshing cool
ble stew, a coarsely
ed meat and liver pâté,
bread, and fruit make up
ust flavors in this
y-style French meal
M. WATT

DARROW M. WATT

Ladle icy dessert soup *and meringue into individual bowls; top with extra sliced berries*

Soup for dessert? The Danes don't bat an eye

A perfect finale to a summer meal, this Scandinavian dessert soup is made of lightly sweetened, chilled buttermilk topped with fluffy meringue and berries.

Our taste testers—even those who are not fond of buttermilk—were pleasantly surprised when they tried it. Sugar and berries give it a light, refreshing quality.

In Denmark, where this recipe originated, buttermilk soup has a range of sweetness. Sometimes it's served as a first course and no sugar is added; at other times it is offered as a dessert soup—mildly to very sweet. Our variations allow you to suit your own taste.

Though it makes an elegant presentation, this dessert takes only minutes to assemble. Select some of the prettiest berries for garnish and sweeten remaining berries to your taste for spooning over individual servings. The almond-flavored version is especially delicious with strawberries or raspberries; try the orange variation with blueberries, blackberries, or strawberries.

Sweet Buttermilk Soup

- 3 cups berries (strawberries, raspberries, blueberries, or blackberries)
- Honey or sugar for berries (optional)
- 3 eggs, separated
- ½ to ¾ cup sugar
- 2 teaspoons vanilla
- 1 quart buttermilk
- Mint sprigs (optional)

Rinse berries, drain, and, if using strawberries, slice; set aside about ½ cup to use as garnish. Put remaining berries in a serving bowl and drizzle with honey or sprinkle with sugar to taste. Set aside.

Put egg whites into a small bowl, yolks into a large (about 2-quart) bowl. Beat egg whites until fluffy. Gradually add 3 tablespoons sugar and continue to beat until the mixture holds stiff peaks. Set meringue aside.

Using the same beater, beat the egg yolks until lemon colored; gradually add up to about 6 tablespoons sugar, to taste, and the vanilla; beat until thick and smooth. Stir in buttermilk. Taste and add more sugar, if desired.

Pour buttermilk mixture into a decorative serving bowl. Top with meringue and the berries set aside for garnish. To serve, ladle soup and a portion of of meringue into each small bowl; pass remaining berries to spoon over individual servings. Makes 6 servings.

Almond Buttermilk Soup

Prepare sweet buttermilk soup and meringue as directed, except omit vanilla and instead use ¼ teaspoon almond extract. Sprinkle ¼ cup sliced almonds on top with the ½ cup berries. Serve as directed above.

Orange Buttermilk Soup

Prepare sweet buttermilk soup and meringue as directed, except omit vanilla and instead use ¼ cup orange-flavored liqueur (or ¼ cup thawed orange juice concentrate). Sprinkle 1 teaspoon grated orange peel on top with the ½ cup berries. Serve as directed. □

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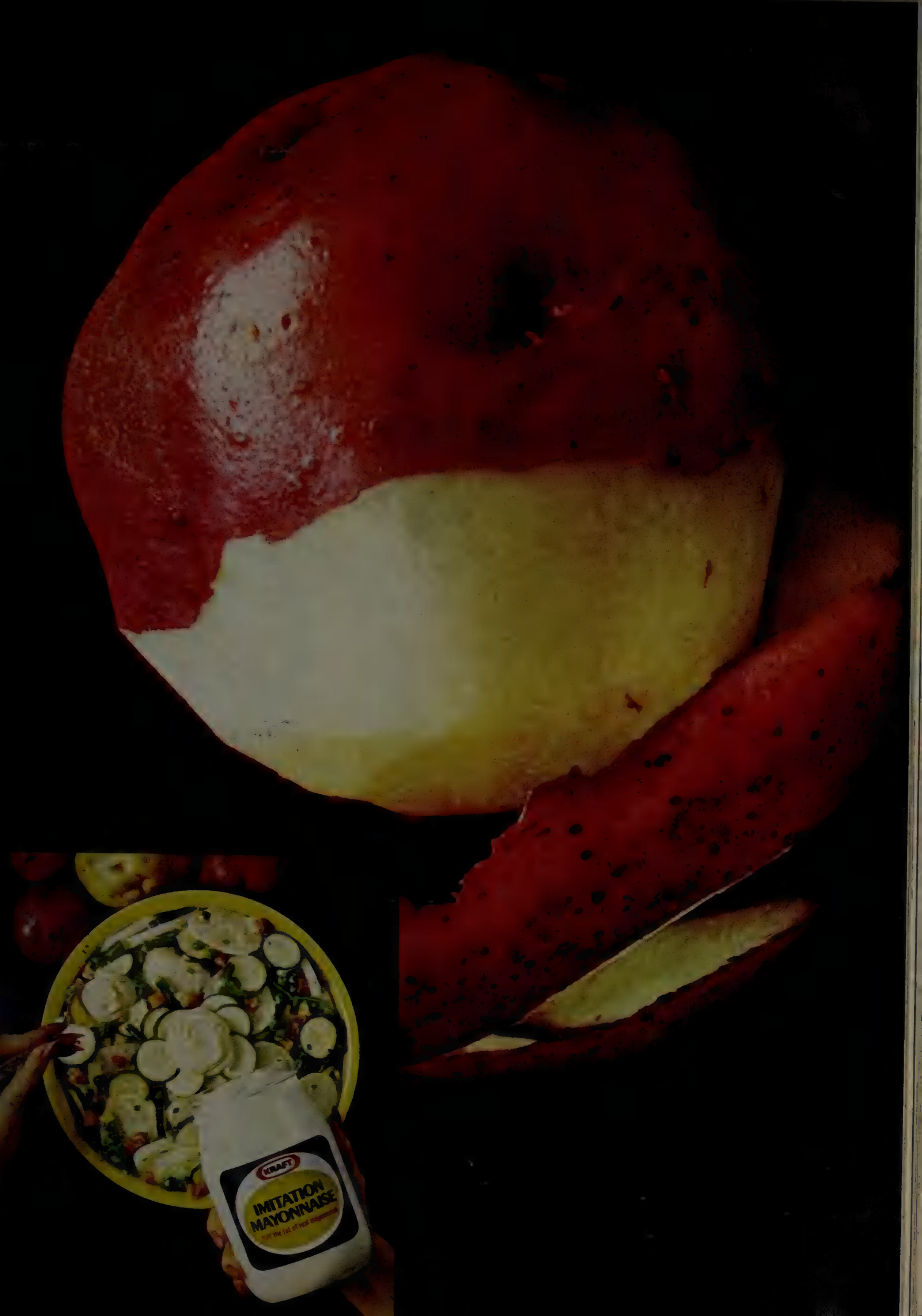
5 medium potatoes (1½-lbs.)
1 cup zucchini slices
1 cup cooked, chopped carrots
1 cup cooked, cut green beans
1 cup cooked peas
¼ cup chopped onion
2 tablespoons chopped chives
1½ teaspoons salt
⅛ teaspoon pepper
¾ cup KRAFT Imitation Mayonnaise

Cook, peel and slice potatoes. Combine with zucchini, carrots, beans, peas, onions, chives and seasonings. Add imitation mayonnaise; mix well. Chill. Serve with additional imitation mayonnaise and garnish with zucchini slices, if desired. 6 to 8 servings

KRAFT

THE POTATO BOARD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Dad and the youngsters *gather round as Mom serves up hearty picnic potato salad to go with fried chicken, raw vegetables, and watermelon*

DARROW M. WATT

JULY MENUS

Holiday picnic, lazy breakfast, and a lunch or supper with chicken noodle salad

transportable meal to take to the park, ach, or cabin fits right in with the tra- ion of a Fourth of July outing. Our nic focuses on a potato salad with ith-of-the-border seasonings. The rest the menu can also be assembled easily home, or purchased en route if your e is short.

r a serve-yourself breakfast or brunch, re's a chilled souplike cocktail that ers a refreshing change of pace from re ritual morning fare. And, should a cial luncheon or supper be in order, propose chicken and noodles, this e in a curry-seasoned salad with a zen berry torte for dessert.

Holiday weekend picnic

th a hearty salad waiting in the re- gerator, you can be ready for a picnic the park in a matter of minutes.

Meat of Your Choice
Rolls and Condiments (optional)
Sonora Salad
Sliced Tomatoes and Cucumbers
Chilled Watermelon
Lemonade, Apple Juice, or Beer

e salad goes together quickly and eps well in the refrigerator as long as days.

cooking fires are permitted at your nic site, take along hamburgers, nkfurters, or other fully cooked sau- ges to grill. Or bring along cooked cken or spareribs you've prepared at me or purchased.

clude appropriate rolls to accompany lled meats and such adornments as sup, mustard, and pickle relish. usty rolls and butter could be offered h the chicken or ribs to satisfy arty appetites.

nora Salad

- 1½ to 2 pounds medium-sized, red-skinned new potatoes
- Boiling water
- ½ cup salad oil
- ¼ cup white wine vinegar
- 1 tablespoon sugar
- 1½ teaspoons chile powder
- 1 teaspoon seasoned salt
- ½ teaspoon garlic salt
- ¼ teaspoon *each* ground cumin and liquid hot pepper seasoning
- 1 can (12 oz.) whole kernel corn with sweet red and green peppers, drained
- 1 can (2¼ oz.) sliced ripe olives, drained
- ⅔ cup thinly sliced green onions
- Crisp romaine leaves

rub potatoes well; cook in boiling ter to cover until tender when pierced,

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20 to 30 minutes. Drain. When cool enough to handle, peel, if desired, and cut into about ¾-inch cubes.

Meanwhile, stir together oil, vinegar, sugar, chile powder, seasoned salt, garlic salt, cumin, and hot pepper seasoning. Pour over warm potatoes and mix well. Cover and refrigerate until cold; then stir in corn, olives, and green onions. Cover and refrigerate as long as 2 days.

Stir well before serving, then tuck crisp romaine leaves around salad for garnish. Makes 4 to 6 servings.—*S. J., Sonora, Calif.*

Breakfast that waits

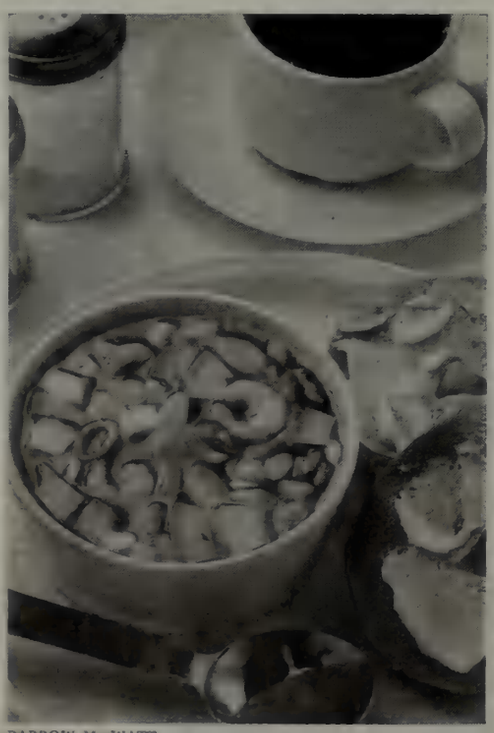
When you need a summer breakfast for early-morning commuters, and there are also late risers at home who prefer brunch, a spicy chilled tomato cocktail full of shrimp and chunks of cream cheese offers a ready solution.

Shrimp and Cheese Eye Opener
Buttered Toasted Bagels
Fresh Fruit (optional)
Coffee

Assemble the shrimp and cheese mixture the night before, if you wish. It keeps well for 1 or 2 days, ready to ladle into bowls as needed.

Fresh fruit, to eat out of hand or with milk or cream poured over, can also be included. Good choices this month include peaches, apricots, nectarines and berries.

Plain or seed-studded bagels can be split and toasted as needed, or offer crisp bread sticks.



DARROW M. WATT
Break new ground *at breakfast: serve chilled shrimp and vegetable soup with a hot buttered bagel*

Shrimp and Cheese Eye Opener

- 1 bottle (1 qt.) clam-flavored tomato cocktail or tomato juice
- ½ cup chopped, peeled cucumber
- ⅓ cup thinly sliced green onion
- ¼ pound small cooked shrimp, or 1 can (4½ oz.) shrimp, rinsed and drained
- 2 tablespoons *each* olive oil or salad oil and red wine vinegar
- 1 tablespoon sugar
- 1 teaspoon dill weed
- 1 clove garlic, minced or pressed
- 1 package (3 oz.) cream cheese, cut in ¼ to ½-inch cubes
- 1 medium-sized avocado, peeled, pitted, and diced
- ¼ to ½ teaspoon liquid hot pepper seasoning

In a deep 2-quart bowl or casserol combine tomato cocktail, cucumbe green onion, shrimp, oil, vinegar, suga dill, garlic, cream cheese, and avocad Stir until well blended, then season t taste with hot pepper seasoning. Cove and chill as long as 2 days. Ladle int bowls to eat with a spoon. Makes 4 to servings.—*C. S., Portland.*

Midsummer luncheon or suppe

Set your apron aside and enjoy you guests with this cool menu that is con pletely prapared ahead and ready t serve.

Chicken Noodle Salad Bowl
Bread Sticks or Crusty Rolls Butter
Freezer Berry Torte
Iced Tea

At your convenience, even 2 weel ahead, prepare the torte and store it i the freezer until needed.

Assemble the salad early in the mornin or the night before. As much as 2 hou before serving, stir well and spoon int pineapple shells or lettuce-lined sala bowls and garnish with nuts.

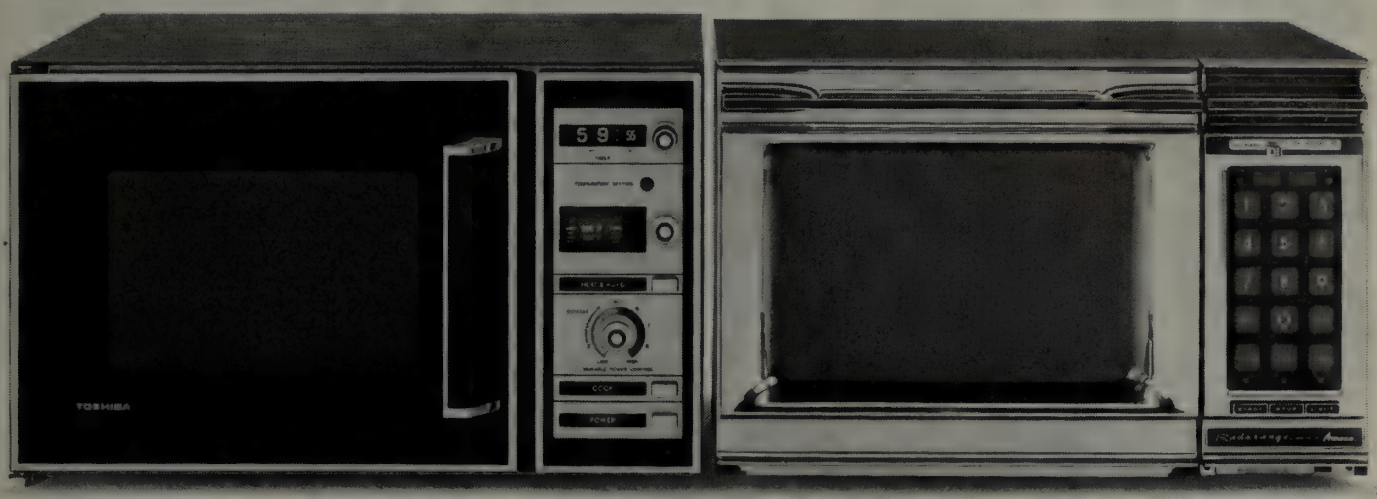
If you plan to use pineapple shells f individual servings, buy two pineappl and reserve the fruit from one of the for other uses.

Chicken Noodle Salad Bowl

- 1 small pineapple
- ¼ cup slivered almonds
- 1 package (3 oz.) Oriental chicken noodle soup mix
- Boiling water
- 3 to 4 cups diced cooked chicken
- 1 can (5 oz.) water chestnuts, drained and sliced
- 1 small green pepper, seeded and chopped
- ¼ cup thinly sliced green onion
- ⅓ cup *each* mayonnaise and sour cream
- 2 tablespoons chopped Major Grey's chutney
- 2 teaspoons lemon juice
- 1½ teaspoons curry powder
- 1 teaspoon Dijon mustard
- ⅛ teaspoon cayenne
- Crisp lettuce leaves (optional)

Cut pineapple in half lengthwise throu the crown. With a small serrated kni (such as a grapefruit knife), cut pin apple flesh from shell; cut out and di card core and cut flesh into bite-siz

Side by side, these microwave ovens look much alike.



TOSHIBA ER776BT

AMANA RR-9

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Manufacturer/model	Cu. ft. oven capacity
GE Jet 90T	1.3
Litton 420	1.2
Amana RR-9	1.0
Toshiba (5 models)	**1.5**
Magic Chef MW317Z-6	1.1
Tappan 564887	0.8

Comparison of microwave oven capacities, rounded off to the nearest tenth, as of March, 1977.

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EQUAL HOUSING LENDER

unks. Set pineapple shells, cut side wn, to drain if you plan to use them serving.

read almonds in a single layer in a allow pan and toast in a 350° oven for out 8 minutes or until golden; set aside garnish.

ook Oriental noodle soup mix in boil- water according to package direc- ns. Drain well, turn into a large bowl, d toss with flavor packet contents. hen cool, add pineapple chunks, icken, water chestnuts, green pepper, d green onion.

r the dressing, stir together mayon- ise, sour cream, chutney, lemon juice, rry powder, mustard, and cayenne. ur dressing over noodle mixture and x gently but thoroughly. Cover and ill as long as 24 hours. Also cover and ill pineapple shells if used.

to 2 hours before serving, stir salad xture well, then evenly spoon into 4 neapple shells or 4 individual lettuce- ed salad bowls. Sprinkle evenly with nonds and chill until needed. Makes 4 rvings.—*I. R., North Sacramento.*

eezer Berry Torte

- 1 cup all-purpose flour, unsifted
- ¼ cup firmly packed brown sugar
- ½ cup chopped pecans or walnuts
- ½ cup butter or margarine
- 3 cups whole berries (raspberries, strawberries, or blackberries)
- 1 cup granulated sugar
- 2 egg whites
- 2 teaspoons lemon juice
- 1 cup whipping cream

a bowl combine flour, brown sugar, d nuts. Add butter, cut in small pieces, d with your hands rub butter into flour xture until crumbly. Spread mixture a rimmed baking sheet and bake in a 5° oven for about 15 minutes or un- golden brown. Stir several times with spatula and watch closely that the umbs don't overbrown.

hen crumbs are cool, set aside ½ cup; read remaining crumbs in the bottom a 10-inch cheesecake pan with re- ovable sides.

the large bowl of an electric mixer, mbine 2 cups of the berries (slice awberries, if used), granulated sugar, g whites, and lemon juice. Beat on low eed to blend, then beat on high speed til firm peaks form when beaters are thdrawn, about 15 minutes.

another bowl whip cream until very ft peaks form, then gently but thor- ghly fold into berry mixture. Pour to the crumb-lined pan; sprinkle with maining crumbs. Cover and freeze til very firm, at least 12 hours.

serve, remove pan sides, and garnish ith the remaining berries. Cut into edges to serve. Return any remaining rte (remove the berries first) to the eezer. Makes 8 to 10 servings.—*F. A., verett, Wash.* □

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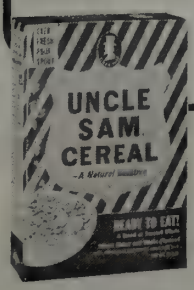

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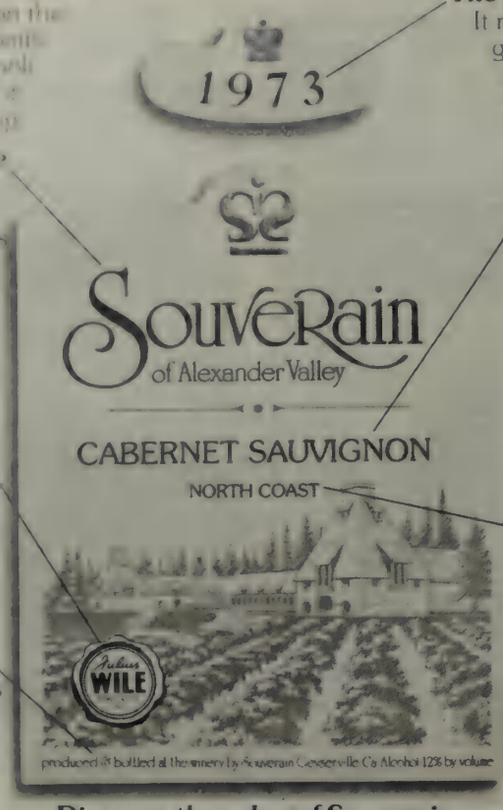

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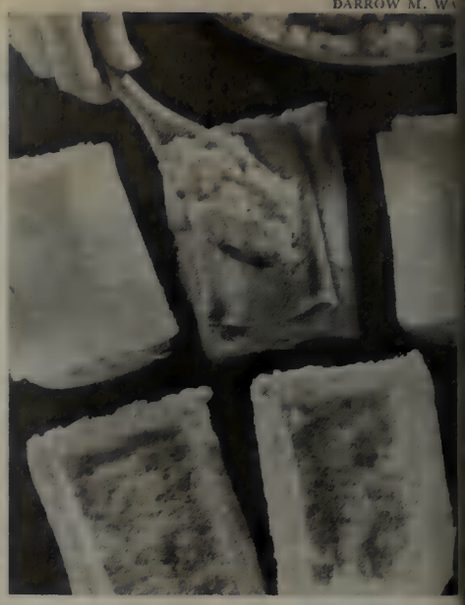

Scrambled egg *goes between ham and cheese in hollowed sandwich roll*

Basque omelet sandwiches

Favorite picnic fare of the Basques *pipérade* (pee-pay-*rahd*). It's a sort unfolded omelet filled with cooked ve tables and bits of meat. They often close the omelet in French bread to sandwich-style.

For our version, we put scrambled egg individual sandwich rolls to make eating easier. Wrapped in foil and heat just before a picnic departure, the stay warm several hours. But they good at room temperature, too.

Basque Omelet Picnic Sandwiches

Cut 6 rectangular French rolls in h lengthwise; scoop out most of the insi (save for other uses). Top one half each roll with a slice of jack cheese, other half with a slice of cooked h (you'll need a total of about 6 oz. *ea* of ham and cheese).

Seed and chop 1 green pepper; chop medium-sized onion; mince or press cloves garlic; and peel, seed, and chop medium-sized tomato. With a fo lightly beat 7 eggs with ¾ teaspoon s and ¼ teaspoon pepper.

In a 10-inch frying pan, heat 2 tab spoons salad oil over medium heat. A vegetables and cook, stirring, until s Reduce heat to medium-low and add more tablespoon salad oil. Pour in mixture, and cook, turning gently, u softly scrambled.

Spoon cooked egg onto roll bottoms; roll tops. Wrap each in foil; chill if ma ahead. Heat wrapped sandwiches in 375° oven for 15 to 20 minutes (30 m utes if cold) or until hot. Makes 6.

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Two great meals using spare parts of the turkey

A taste for turkey doesn't mean you have to buy the whole bird. Turkey parts—fresh or frozen legs, thighs, and wings—are sold year-round in many markets. They're ideal for small families or for one-meal entrées without any leftovers.

And like the whole bird, turkey parts are one of your best buys at the meat counter. In our first recipe, you roll the parts in grated cheese and crushed croutons before baking for a crisp, crunchy coating. And a spicy barbecue-style sauce keeps the turkey moist and juicy in the second recipe.

For both you can use wings, legs or thighs (cut them apart if joined), or a combination of turkey parts. When you shop, select parts of approximately the same weight. We used parts that weighed about 1 pound each; for larger or smaller ones, increase or decrease the cooking time slightly.

Crusty Oven-fried Turkey Parts

- 4 turkey parts (legs, thighs, or wings), *each* weighing about 1 pound
- ½ cup all-purpose flour
- ¾ teaspoon *each* paprika and salt
- ½ teaspoon pepper
- 3 eggs
- 3 tablespoons milk
- 2 to 3 cups seasoned salad croutons, coarsely crushed
- ⅓ cup grated Parmesan cheese
- ¼ cup (⅛ lb.) butter or margarine, melted

Wash turkey parts (thaw first if frozen) and pat dry. In a plastic or paper bag, combine the flour, paprika, salt, and pepper. In a 9-inch square baking pan or similar-sized pan, beat together the eggs and milk. Mix together the crushed croutons and Parmesan cheese and sprinkle on a piece of waxed paper.

Shake the turkey parts, one at a time, in the seasoned flour; dip them in the beaten egg (spoon it over to coat well if necessary) and drain briefly. Then roll in the crouton-cheese mixture to coat evenly. Place on a rimmed 10 by 15-inch baking sheet. Sprinkle on any remaining crumbs. Cover tightly with foil.

Bake in a 350° oven for 1 hour and 15 minutes. Remove foil and drizzle parts with melted butter or margarine. Continue baking, uncovered, until coating is crisp and each piece is tender when pierced; allow 10 to 15 minutes longer for wings or 15 to 25 minutes longer for thighs and legs. Makes 4 servings.

Oven-barbecued Turkey Parts

- 3 tablespoons butter or margarine
- 1 large onion, chopped
- 3 cloves garlic, minced or pressed
- 1 tablespoon chile powder
- ⅔ cup catsup
- ⅓ cup packed brown sugar
- 1 tablespoon lemon juice
- 1 teaspoon *each* salt and dry basil
- ½ teaspoon pepper
- ¼ teaspoon liquid hot pepper seasoning
- 4 turkey parts (legs, thighs, or wings), *each* weighing about 1 pound

In a saucepan, melt the butter; add the onion and garlic and cook until onion is soft. Stir in the chile powder and cook 1 minute longer before adding the catsup, brown sugar, lemon juice, salt, basil, pepper, and liquid hot pepper seasoning. Bring to simmering, stirring, and then remove from heat.

Wash the turkey parts (thaw first if frozen) and pat dry. Place in a rimmed 10 by 15-inch baking pan and pour the barbecue sauce evenly over all. Cover tightly with foil and bake in a 350° oven until tender when pierced, allowing about 1½ hours for wings or about 1 hour and 40 minutes for thighs and legs.

Lift turkey parts from pan; transfer to a serving plate. Skim fat, then spoon on barbecue sauce or serve in a small bowl to pass at the table. Makes 4 servings. □

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Out he comes to warm your innards with Muy Macho Mexi-Muffins

Up in Oak Harbor, Washington, *Chef* Orren Ward plans his summer recipes for simplicity. He doesn't want to be fiddling in the kitchen when the sun breaks through in July or August or whenever. Instead, he just puts this and that on an English muffin, grills the mixture, and carries the result out on the grass where Old Sol can warm his outside and chile peppers do the same for his innards. He calls his quick lunch Muy Macho Mexi-Muffins.

If you are one of those people whose insides will take only delicate heat and reject full-scale searing, then skip the jalapeños. The green chiles are normally mild enough for everyone.

Muy Macho Mexi-Muffins

- ½ pound chorizo sausages or lean ground beef
- 1 can (8 oz.) tomato sauce
- ½ cup prepared taco sauce
- 1 package (1¼ oz.) taco seasoning mix
- 2 cans (4 oz. *each*) diced California green chiles
- 6 English muffins, split
- Jalapeño peppers, seeded and chopped (optional)
- 1 can (2¼ oz.) sliced ripe olives, drained
- 1½ cups shredded jack cheese

Remove casing from sausage if used. Crumble meat into a frying pan over

Chefs of the West®

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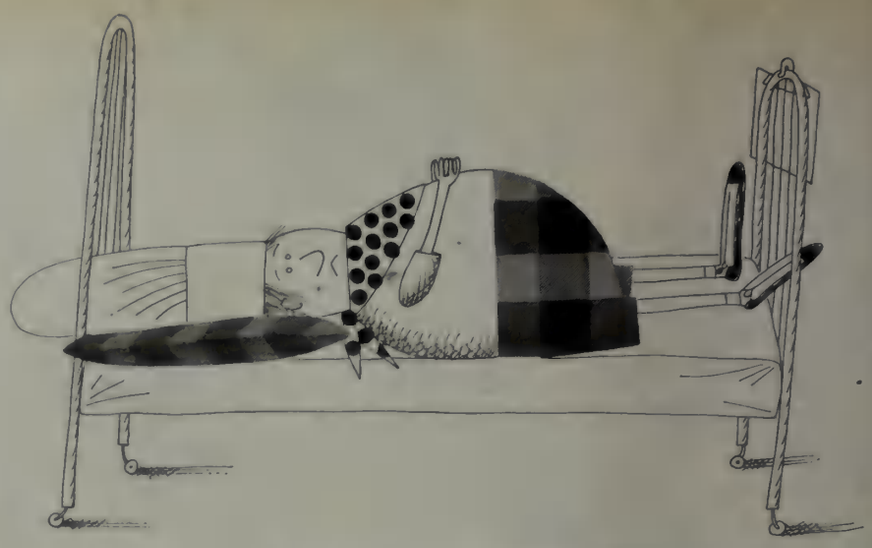
medium heat; cook until browned, then drain off all fat. Stir in the tomato sauce, taco sauce, seasoning mix, and green chiles. Bring to a boil and cook over medium-high heat, stirring often, until mixture has thickened, about 10 minutes.

Meanwhile, arrange muffin halves on a baking sheet and toast under the broiler, about 3 inches below heat, until golden brown. Evenly spoon meat mixture onto muffins, top with jalapeño peppers, if used, and then olives. Evenly sprinkle with the cheese.

Place in a preheated broiler about 4 inches below heat and cook until cheese is bubbly. Serve at once. Makes 6 servings, 2 muffin halves each.

Orren M Ward
Oak Harbor, Wash.



"A man can't eat a good dinner these days without feeling guilty"

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They tell us we eat too much fat. They tell us we don't get sufficient bulk. They tell us we need more protein. A man can't eat a good dinner these days without feeling guilty or having a blood test. What are we going to do? Fred Croat says, "Beans."

Italian Beans con Noodles

- 1 pound lean ground beef
- About ½ pound Italian sausage, crumbled
- 1 small green pepper, seeded and chopped
- 1½ cups chopped celery, including tops
- 1 large onion, diced
- 1½ teaspoons Italian herb seasoning
- 3 tablespoons chopped parsley
- 1 tablespoon Worcestershire
- 1 can (10¾ oz.) condensed cream of mushroom soup
- 1 can (8 oz.) tomato sauce
- 2 cans (15 oz. *each*) red kidney beans
- ½ pound mushrooms, sliced
- Salt, garlic salt, and pepper
- Hot cooked noodles

In a 5-quart kettle over medium heat, cook the beef and Italian sausage until brown and crumbly. Pour off all fat. Add the green pepper, celery, and onion, and sauté until onion is translucent. Add Italian herb seasoning, parsley, Worcestershire, soup, tomato sauce, and beans with their liquid. Cover and simmer about 20 minutes. Add mushrooms and season to taste with salt, garlic salt, and pepper; simmer, uncovered, another 10 minutes. Serve with hot cooked noodles. Makes about 6 servings.

Fred Croat
Saratoga, Calif.

We all know that much of the nourishment in a potato comes from its skin. Even so, it is often more convenient to remove that layer, especially when mashing is what you have in mind. David Trout gives us the solution: Peel your potatoes ahead of time and refrigerate them, wrapped in clear plastic film or in

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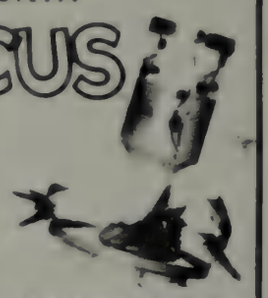

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Mama DeDomenico's

Swiss Steak, Italian Style

1 lb. round steak, cut into pieces
3 Tbsp. flour
1 tsp. salt
¼ tsp. pepper
3 Tbsp. oil
¾ cup chopped onion
2 cans (15 oz. each) GOLDEN GRAIN Marinara Sauce
½ cup red wine or water
2 cups sliced celery
1 cup green pepper strips
1 pkg. (12 oz.) GOLDEN GRAIN Noodles

Dredge steak in mixture of flour, salt, pepper. Brown in hot oil. Stir in onions and saute. Add Marinara Sauce, wine; bring to boil. Add celery and green pepper. Simmer, covered, 45 minutes or until meat is tender. Prepare noodles according to package directions. Serve sauce over noodles. Makes 6 (1¾ cup) servings.

Get Mama DeDomenico's recipes free. Send self-addressed, stamped business size envelope to: Golden Grain, P.O. Box 24024, Oakland, CA 94623.

a bowl of water. Then bake and eat the peels first. Here's how it's done.

Baked Potato Peel

6 small baking potatoes (about 3½ lbs.)
1 tablespoon melted butter or margarine
Salt or garlic salt and pepper

Peel the potatoes with a paring knife, taking strips about ¼ inch thick. Store potatoes in the refrigerator for other uses. Spread the peels in a single layer on a greased baking sheet. Bake, uncovered, in a 450° oven until browned and crisp, about 40 minutes. Stir several times. Drizzle melted butter over peels and mix well. Add salt or garlic salt and pepper to taste. Makes 2 to 3 servings.

Damon J. Trout
Portland

Americans may be on the verge of a discovery. Up until now, we have had plenty of room and plenty of cheap grass and grain. All this means that we grew our calves into steers and ate beef. In Europe it has long been cheaper to make calves into veal as soon as they leave momma. It may be that drought and high prices will introduce us to true milk-fed veal in this country. Sad for the calf, but delicious. Laird Durham gives us his version of an Austrian veal dish.

Schnitzel

½ cup fine dry bread crumbs
½ teaspoon salt
¼ teaspoon pepper
½ pound veal cutlets, cut into serving-sized pieces and pounded thin
About 3 tablespoons all-purpose flour
1 egg beaten with 1 tablespoon milk
5 tablespoons butter or margarine
¼ pound mushrooms, sliced
2 tablespoons minced onion
½ cup dry white wine
½ cup regular-strength chicken broth
2 teaspoons paprika
½ cup sour cream

Combine bread crumbs, salt, and pepper. Dust the cutlets with about 2 tablespoons of the flour, shake off excess, then dip them into the egg mixture. Coat cutlets with the crumb mixture. In a frying pan, melt 4 tablespoons of the butter over medium heat and sauté the cutlets until golden, 1 to 2 minutes on each side. Place on a serving platter and keep warm.

Add remaining butter to the pan and sauté the mushrooms and onion until onion is translucent. Add wine, chicken broth, paprika; bring to a brief rolling boil, scraping up browned bits from the pan. Stir remaining 1 tablespoon flour into sour cream, then stir into broth mixture and cook until hot through and slightly thickened. Pour over the cutlets and serve at once. Makes 2 or 3 servings.

Laird Durham
San Francisco

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Pudding-Rich Cake

Made with Betty Crocker® Cake Mix.

1 package Betty Crocker® Cake Mix.

Chiquita* banana	Devils food
Sunkist** orange	Cherry chip
Sunkist** lemon	or
German chocolate	Yellow

1 package (3¾ ounces) vanilla instant pudding and pie filling
4 eggs
1 cup water
½ cup butter or margarine, softened
Powdered Sugar Glaze (below)

Heat oven to 350°. Generously grease 12-cup bundt cake pan. Blend cake mix (dry), pudding and pie filling (dry), eggs, water and butter on low speed, scraping bowl constantly, until moistened, about ½ minute. Beat on medium speed, scraping bowl frequently, 2 minutes. *Do not overbeat*. Pour batter into pan. Bake until wooden pick inserted in center of cake comes out clean, 40 to 45 minutes. Cool 10 minutes; invert on wire rack or heatproof serving plate. Remove pan; cool cake completely. Spread with Powdered Sugar Glaze, allowing some to drizzle down side.

Powdered Sugar Glaze: Mix 1 cup powdered sugar and 1 tablespoon water. Stir in additional water, 1 teaspoon at a time, until glaze is of proper consistency.

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Look for other delicious recipes on all of our cake mix packages.

DARROW M. WATT

Arrange *pitted garden plums snugly in butter pastry shell, then bake*

Cherry plums in a tart. We know ways to make the pitting easy

Petite cherry plums, abundant in many Western gardens this month, are often overlooked completely or used only for jam. But these crimson and yellow nuggets can easily be transformed into a showy, succulent fruit tart. All it takes is a little time and patience to remove the plum pits.

We've discovered two tricks to speed the pitting process. First, try using a metal cherry pitter to force out the pit, leaving the fruit whole; this works particularly well on very tiny plums. Or, if the flesh stubbornly clings to the stone, cut into the fruit slightly off center to remove about half of the plum; you can easily cut out the pit from the remaining half.

You can make the tart with all red or all yellow plums, or use a combination for added eye appeal.

Cherry Plum Tart

- Butter pastry shell (recipe follows)
- 1 cup granulated sugar
- 3 tablespoons cornstarch
- ¼ teaspoon ground nutmeg
- 6 cups small red or yellow cherry plums, pitted
- 1 tablespoon butter or margarine
- Powdered sugar
- Vanilla ice cream or whipped cream (optional)

Prepare and partially bake butter pastry shell. Meanwhile stir together the granulated sugar, cornstarch, and nutmeg, then lightly mix with the plums. Arrange plums (cut side down if halved) in pastry shell; evenly drizzle with any remaining sugar mixture. Cut butter into small pieces and distribute over top.

Bake on the lowest rack in a 375° oven for 45 to 50 minutes or until plums are tender when pierced and liquid is thick and bubbly. Cool the tart completely on a rack, then cover and chill at least 2 hours or as long as 6 hours.

Remove rim from pan and dust tart with powdered sugar just before serving. Top with ice cream or whipped cream if desired. Makes about 8 servings.—*C. S., Palo Alto, Calif.*

Butter pastry shell. Combine 1½ cups all-purpose flour (unsifted) with ¼ cup sugar. Add ½ cup (¼ lb.) butter or margarine (cut in pieces) and rub mixture between fingers until of uniform consistency. With a fork beat 1 egg yolk with ½ teaspoon vanilla; stir into butter mixture, then work dough with your hands until it holds a smooth, noncrumbly ball (the heat of your hands softens the butter so dough sticks together).

Press dough evenly over the bottom and sides of an 11 or 12-inch tart pan with a removable bottom. (Or use a 10-inch cheesecake pan, pressing pastry over bottom and about 1½ inches up sides.) Bake in a 300° oven for 25 minutes; remove from oven and reset oven temperature to 375° for the tart. □

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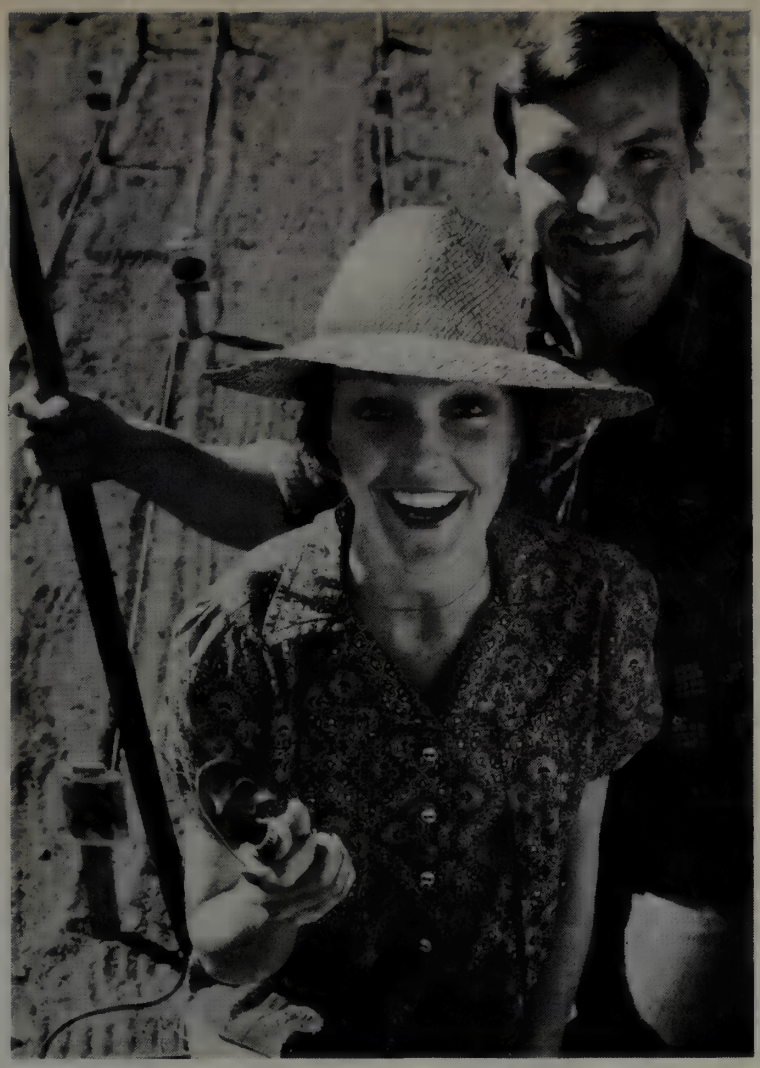

and fresh in January as they did in June.

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Chinese jerky is moister and less brittle than cowboy jerky

The reason for this difference in texture lies in the way Chinese jerky is prepared. The meat is cooked first in two stages, eliminating the extensive drying that most uncooked jerky requires.

First, you cut the meat into large chunks and simmer it in a sweetly spiced soy mixture for a short time, then cool and chill it. This initial cooking makes it easier to slice the meat thinly and also helps prevent the pieces from curling up. After slicing, you return the meat to the seasoning liquid and cook it until all the liquid is absorbed.

After this precooking, drying the meat in a moderately hot oven for a short time preserves it enough so you can keep it moist and tender for several months in the refrigerator. If you prefer it drier and less perishable at room temperature, you can dry the meat at a lower ove temperature for a longer time until it's t your liking.

The cooking liquid for Chinese jerky i aromatic with cinnamon and star anis a distinctive star-shaped spice found i Oriental grocery stores (if it's not avai able, use the alternative mentioned in th recipe that follows). You can also var the basic sweet soy flavor with hot chil or curry powder.

Chinese Beef Jerky

Trim off all excess fat from 3 pounc lean boneless beef such as rump or si loin tip. Cut meat lengthwise into lon strips about 3 inches thick and wide.

In a 12-inch frying pan, combine 2 cu water, ⅓ cup soy sauce, 1 tablespoo red wine or dry Sherry, ¼ cup sugar, teaspoon salt, 2 whole star anise equivalent broken pieces (or omit st anise and use 5 whole allspice and ¾ teaspoon anise seed), 5 thin slices fresh ginger (each about 1 inch in dian eter), and 2 whole green onions. If d sired, also add either 3 to 4 small drie hot chile peppers or 1 tablespoon curr powder.

Bring mixture to a boil, then add mea cover and simmer, turning meat occ sionally, until firm, 20 to 30 minutes. R move from cooking liquid, cool, and chi at least 1 hour or until cool and firm up to overnight. Reserve cooking liquid.

Thinly slice the cold meat across th grain. Return meat slices to cookin liquid. Cook, uncovered, over medium medium-high heat, turning meat piec occasionally, until all liquid is absorbe (lower heat and turn meat more fr quently as liquid is absorbed); it tak 40 to 50 minutes. Discard onion, ginge and whole spices.

For moist-style beef jerky. Arrang strips of meat slightly apart in a sing layer on cooky sheets. Bake, uncovere in a 300° oven until dry to the touch b still pliable, 20 to 25 minutes. Pat a beads of oil off with paper towels. L cool thoroughly. Store airtight in plast bags or containers. You can keep t jerky up to 2 months in the refrigerat or for a few days stored at cool roo temperature.

For drier jerky. Arrange strips of me close together but not overlapping oven racks or on cake racks set in sha low-rimmed baking pans. Bake meat the lowest possible oven temperatu (150° to 200°) until it is dry to the touc but still slightly pliable, 3 to 5 hours. P any beads of oil off with paper towel Let cool thoroughly. Store the jerky ai tight in plastic bags or containers. Ke at cool room temperature or in the r frigerator as long as 6 months. Mak about 1 pound jerky.—*L. C., San Lu Obispo, Calif.*

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Chop a slice of bacon into half-inch pieces, and brown. Add 1 tbsp. chopped onion and cook until transparent. Mix in a 1 pound can of *S&W Baked Beans*, 2 tbsp. cider vinegar, 2 tbsp. brown sugar, 1 tbsp. ketchup, and ½ tsp. cinnamon. Simmer 10 minutes. Serves 4.

Miner's Stew with S&W's Chili Beans.

This is a one-dish meal the kids can put together. Just brown a chopped onion with a pound of ground beef, add 1 can *S&W Chili Beans* (drained), a can of *S&W Stewed Tomatoes*, a can of *S&W Golden Corn*, salt, pepper, a dash of chili powder. Simmer 10 minutes and serve 4 hungry people.

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DARROW M. WATT

A colorful dessert: *Layer ice cream, Melba sauce, and blueberries*

Peach Melba? Here are two ways

The combination of peaches, vanilla ice cream, and raspberry sauce makes the well-known dessert classic, peach Melba. But for variety why not try some other ways of putting this popular flavor trio together? Here are two suggestions.

In the first recipe, peach slices cook in a raspberry sauce sweetened with currant jelly. Then add layers of ice cream and blueberries to make sumptuous parfaits.

Or try peaches in hot berry syrup—flamed with brandy, then spooned over ice cream. Prepare it at the table with a flourish or assemble in the kitchen. To serve before guests, heat syrup and peaches in a chafing dish, have brandy and ice cream ready (ice cream can be scooped beforehand and returned to freezer), flame, and serve.

Peach Melba Blueberry Parfaits

- ⅔ cup currant jelly
- 1½ cups raspberries
- 4 cups sliced peaches
- 2 tablespoons *each* cornstarch and water
- ¼ teaspoon ground ginger
- About 1½ quarts vanilla ice cream
- About 1 cup blueberries

In a saucepan combine jelly and raspberries; bring to a boil, mashing berries with a spoon. Press through a wire strainer to remove seeds, then discard them. Return strained mixture to pan and bring to a boil. Add peaches and simmer, uncovered, 2 to 3 minutes or just until tender. Mix cornstarch, water, and ginger and stir into peach mixture. Cook, stirring, until thickened. Cool, cover, and chill.

In 8 individual dessert glasses alternate layers of ice cream, the chilled sauce, and blueberries. If made ahead, loosely cover and freeze. About 15 minutes before serving, remove from freezer and let soften at room temperature. Makes 8 servings.—*K. S., Santa Monica, Calif.*

Flaming Peach Melba Sundaes

In a saucepan combine 2 cups loganberries or raspberries and ¾ cup sugar; bring to a boil, mashing berries with a spoon. Boil, uncovered, until syrup thickens slightly and is reduced to about 1⅓ cups, about 5 minutes. Press mixture through a wire strainer, discard seeds, and reserve syrup; cool, cover, and chill if made ahead.

In a chafing dish or small saucepan, heat the berry syrup over medium heat until hot. Add 3 cups sliced peaches and cook until barely tender, about 2 to 3 minutes.

In 8 individual dessert glasses place a generous scoop of vanilla ice cream (you'll need about 1½ quarts). Just before serving, warm, then ignite 4 tablespoons brandy or fruit-flavored brandy. Pour flaming brandy slowly, stirring it into the hot berry sauce. When flames disappear, spoon over ice cream. Makes 8 servings.—*H. N., San Francisco.*

Quick jams.©

Now you can make your favorite jams for your family and friends quicker and easier than ever before. Because we've eliminated the usual cooking and boiling.

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Quick Strawberry (or Black Raspberry) Jam
Wash, stem and crush about 2 quarts berries. Measure 3¼ level cups crushed berries and ¼ cup lemon juice into 4-quart kettle; stir well. Slowly sift in 1 package MCP® Jam and Jelly Pectin, stirring vigorously. Set aside 30 minutes, stirring occasionally. Add 1 cup Karo® Light Corn Syrup. Mix well. (Karo keeps sugar crystals from forming.)

Measure 4½ level cups sugar into dry bowl, then gradually stir into berry mixture. Warming to 100°F. (lukewarm) will hasten the sugar dissolving. No hotter, please! When the sugar is dissolved, jam is ready to eat. Ladle into jelly glasses or freezer containers with tight lids. Store in freezer. Jam to be used within 2-3 weeks may be stored in refrigerator. Yield: 7 cups. NOTE: Other fruit may be substituted for the berries. Check the recipe folder inside every package of MCP Pectin for more freezer jam recipes.

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First, you start with 1 cup soft bread crumbs. Then add ¾ cup Almadén Mountain Red Burgundy, 2 pounds lean ground beef, 1 can (4 oz.) mushroom stems and pieces, drained, 2 teaspoons onion salt, 1 teaspoon each dry mustard and worchestershire sauce and ¼ teaspoon each pepper and garlic powder. Shape into 8-10 patties. Cover with waxed paper and refrigerate until ready to cook. (For best flavor, prepare ground beef mixture at least 2 hours ahead.) Cook to desired doneness, turning once. Serve on onion or sesame seed rolls. Makes 8-10 burgers. Serve with Almadén Mountain Red Burgundy.

P.S. If you liked the Burgundyburger, you'll love Chicken in Chablis, another delicious dish made with Almadén Mountain Chablis. For this and other recipes and party suggestions for all occasions write for your free copy of Almadén's Jug Wine Party Book. Almadén Vineyards, Inc., P.O. Box 906SQ, Los Gatos, CA 95031.

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Back to

HOMEMADE

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CHOCK FULL O' CHILI

1 pound ground beef
1 medium onion, chopped
1 8 ounce can tomato paste
1 10½ ounce can onion soup
1 cup dried red kidney beans
4 cups water
3 tablespoons chili powder
1½ teaspoons salt
1 teaspoon garlic powder
1 teaspoon sugar
½ teaspoon TABASCO® pepper sauce

TRADITIONAL WAY: Brown ground beef and onion in large skillet. Add remaining ingredients. Mix well. Bring to a boil. Cover and simmer on low 2 hours, or until beans are tender, stirring occasionally. Add water if necessary. Serves 4-6.

MODERN WAY: Brown ground beef and onion in skillet. Place ground beef mixture and remaining ingredients in electric slow cooker. Mix well. Cover. Cook on high 8-10 hours. Serves 4-6.

Free Recipe Booklet

Learn to make homemade beans, soup, roast and more. All with recipes to cook the way your grandmother did or via your electric slow cooker, if you must be out of the house all day. Write: McIlhenny Company, Avery Island, Louisiana 70513 Department SU 7.

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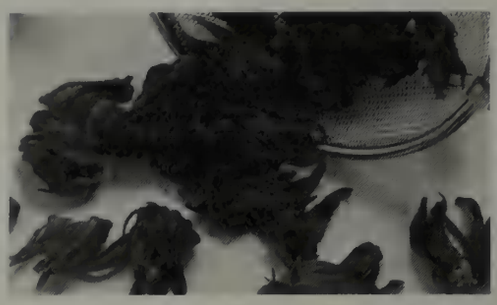
DARROW M. WATT

Peel pods, *then steep for tamarind water*



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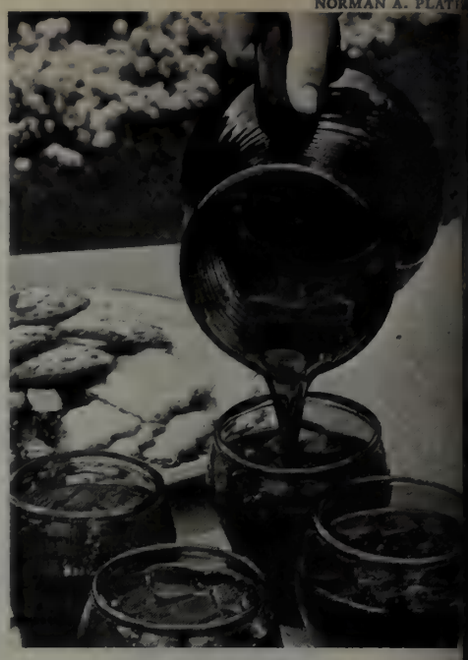

Dried red Jamaica flowers *give this drink its distinctive colo*

Summer coolers from Mexico

From Mexico comes a fresh idea for using dried tamarind pods and Jamaica flowers to make two new summer drinks.

These cooling *aguas frescas* (cold waters), as the Mexicans call them, have a tart, fresh flavor a bit unlike any other drink. The naturally bright-red color and sweet-tart flavor of Jamaica (pronounced ha-*my*-ka) water makes it similar to cranberry juice. Amber-colored tamarind water has a tangy lemon-orange flavor.

To prepare these inexpensive drinks, boil the dried flowers or pods with water and sugar to make a flavored syrup. Let it stand a few days, then strain the syrups to keep refrigerated in a pitcher for a tall, cool drink anytime.

You might use the Jamaica drink to make a simple sangría-style wine punch for guests. Or make the tamarind drink into a light fruit dessert.

Look for tamarind pods and Jamaica flowers in Mexican grocery stores or some larger Western stores well stocked with Mexican products. The flowers can be found among dried herbs and spices, and the pods in the produce section.

Jamaica Flower Drink

In a 3-quart pan, combine 2 ounces (about 2 cups) dried Jamaica flowers, 7 cups water, and 1 cup sugar; bring to boiling. Reduce heat and simmer, uncovered, for 2 minutes. Transfer to a nonmetal container; cover and chill at least 8 hours or until the next day.

Pour Jamaica mixture through a wire strainer into a storage container; discard flowers. Cover and keep in refrigerator up to 1 week.

Serve the drink cold, over ice if yo wish. Makes about 2 quarts.

Jamaica wine punch. Prepare Jamaic flower drink following recipe given, ex cept increase sugar to 1¼ cups.

In a punch bowl of about 3-quart ca pacity, combine Jamaica drink, 1 bottl (⅘ qt.) well-chilled rosé wine, and bottle (16 oz.) well-chilled club soda stir. Add a chunk of ice; garnish with thinly sliced whole oranges and lemons Makes about 26 ½-cup servings.

Tamarind Drink

Remove and discard shells from 1½ pounds tamarind pods. Place pods in 5-quart pan; add 4 quarts water an 2 cups sugar. Bring to boiling over hig heat; reduce heat and simmer, unco ered, for 5 minutes. Transfer to a non metal container; cover and chill at leas 24 hours or as long as 2 days.

Pour tamarind mixture through fou thicknesses of damp cheesecloth or damp, clean, cloth towel spread over wire strainer. Without squeezing let juic drip into a bowl; it takes about 30 min utes. Discard pods; cover and kee drink in refrigerator up to 1 week.

Serve the drink cold, over ice if desire Makes about 3 quarts.

Tamarind fruit dessert. For each serving stir together ½ cup *each* tamarind drin and diced fresh fruit. (We found mil fruits such as cantaloupe, mango, pa paya, and fresh peaches tasted best. Cover and refrigerate fruit-drink mix ture at least 1 hour or until very cold Serve in large (10-oz.) stemmed glasses with a spoon. Makes 1 serving.

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W. D. A. STEPHENS

Crush berries well, *add vinegar, and let steep one week. Spoon the bright red, slightly sweet vinegar over fruit for an unusual sweet-tart dressing*

Bright red, sweet-sour, aromatic, it's fresh strawberry vinegar

This flavored vinegar is probably unlike any you've tasted before. Made with fresh strawberries, it has a beautiful bright red color, a sweet-sour flavor, and the delicious aroma of ripe berries.

Since it is a little on the sweet side, you won't want to use it in place of the vinegar called for in most recipes. But try it spooned over a fresh summer fruit cup, as the dressing for a crisp cabbage slaw, or sprinkled over cooked spinach. You might also mix it with equal parts salad oil or butter to use as a marinade and baste for barbecued chicken.

Or make a refreshing summer drink by combining ⅓ cup strawberry vinegar with ⅔ cup water, then pour it into tall ice-filled glasses.

Store the vinegar in the refrigerator up to three months or can it to keep longer. The recipe here makes enough to give away some as gifts.

Fresh Strawberry Vinegar

- 1½ pounds ripe strawberries (about 5 to 6 cups), washed and hulled
- 1 quart white wine vinegar
- 4 cups sugar

Place strawberries in a 2½ to 3-quart glass or ceramic bowl. Use a potato masher to crush berries well, then add vinegar. Cover tightly and let stand in a cool place (but not in the refrigerator) for 1 week, pressing berries daily.

Pour steeped mixture through a wire strainer, pressing berries with the back of a spoon to strain out as much liquid as possible; you should have 5½ cups liquid. In a 5 to 6-quart Dutch oven, stir together the strawberry liquid and sugar. Bring to boiling, stirring, then reduce heat slightly to keep at a gentle boil for exactly 5 minutes, stirring constantly.

Remove mixture from heat, let cool, then pour into clean bottles or jars; cover tightly and refrigerate or can as directed below. Makes 6 cups.—*M. T., Rutherford, Calif.*

To can vinegar: Place canning jars in boiling water for 15 minutes; then keep hot. Also scald lids and bands and keep in hot water until ready to use. Pour the boiling hot vinegar into hot jars to within ¼ inch of top. Wipe rims with a clean damp cloth. Place lids on jars and screw on ring bands as tightly as you comfortably can. Let cool on a towel in a draft-free place. Before storing, test for a good seal by pressing down jar lid with your finger; if it stays down when pressed, the jar is sealed. □

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Strawberry halves
Blueberries
Toasted coconut
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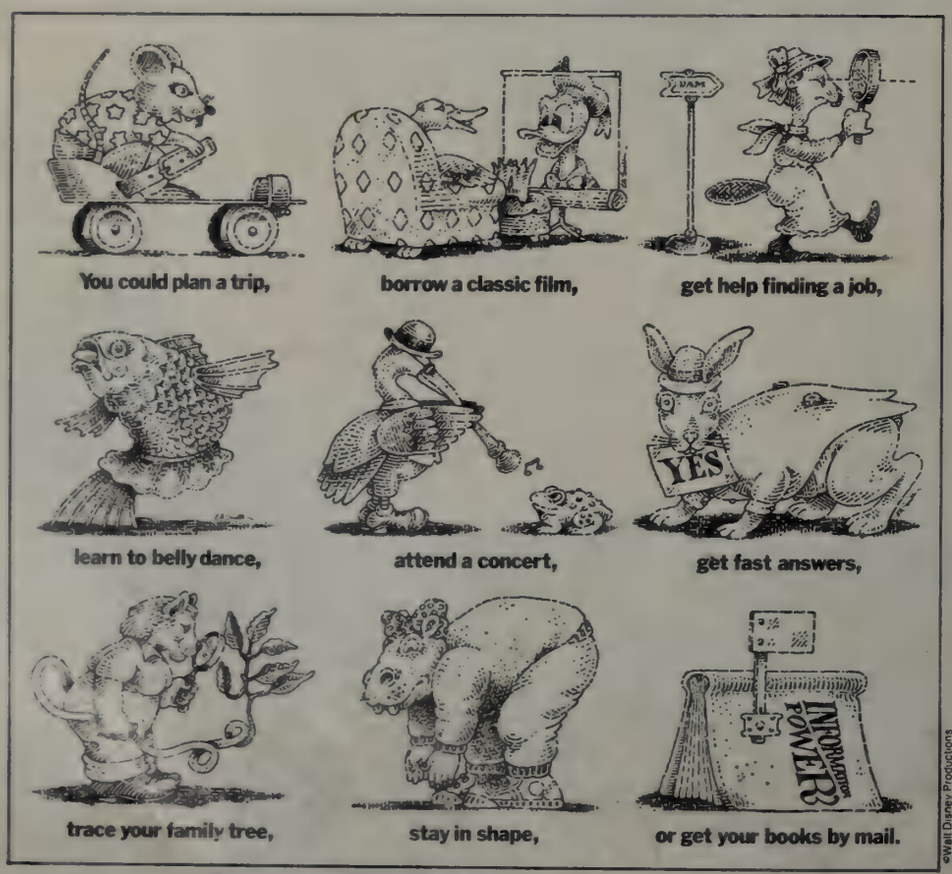

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DARROW M. WATT

Juicy chunks *of pickled salmon make a refreshing meal opener*

Pickled salmon as a starter

This delicately pickled salmon is actua marinated in a flavorful spiced vineg bath. You pour a hot pickling soluti over layers of fresh salmon and thir sliced onion to cook the fish light Then it marinates for 24 to 48 hou Serve it as a before-dinner appetizer a light lunch or supper entrée.

Pickled Salmon

About 2½ pounds boned and skinned salmon fillets
1 tablespoon salt
2 cups *each* white vinegar and water
¼ cup salad oil
1½ tablespoons whole mixed pickling spice
1 teaspoon salt
5 small white boiling onions, thinly sliced

Cut salmon into ¾-inch chunks a spread in a single layer on a piece waxed paper or in a shallow glass baki dish. Sprinkle with the 1 tablespoon s and let stand, uncovered, about 30 mi utes. Rinse salmon well and pat dry.

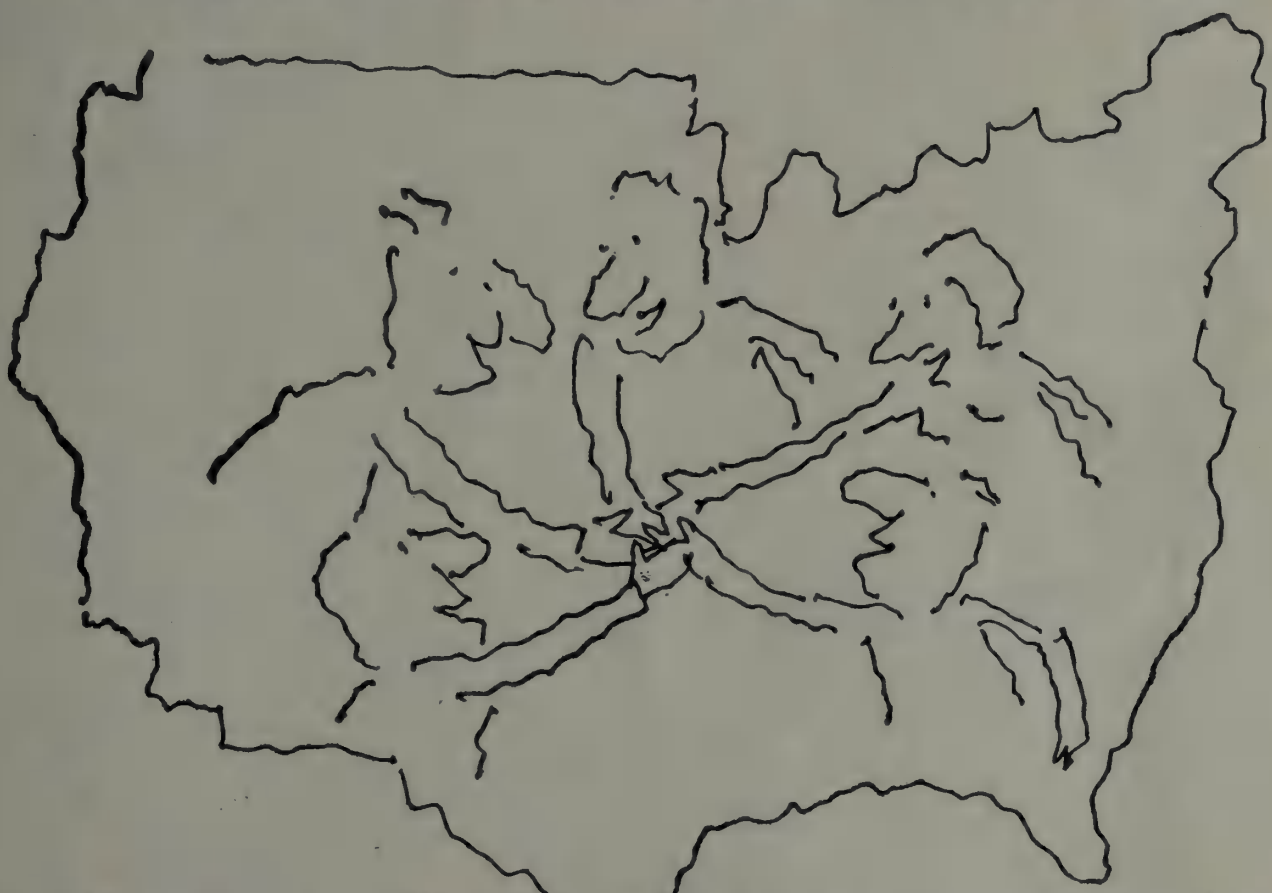
Combine the vinegar, water, salad c pickling spice, and the 1 teaspoon sa Bring to boiling, reduce heat, partia cover, and simmer 30 minutes.

Layer salmon chunks and onion slices a 2 to 2½-quart wide-mouthed jar bowl. Pour the boiling hot pickling li uid over salmon, cover loosely, and cool. Then cover well and refrigera for at least 24 hours.

Serve salmon and onion slices stemmed glasses or small bowls. Spo some marinade over each serving a accompany with buttered dark brea You can keep salmon for up to a we when stored, covered, in the refrigerato Makes about 6 cups.

NAME THREE THINGS THAT AMERICANS AGREE ON.

MOM. APPLE PIE. ACTION.



In our cities, on our farms, among the young, the old, the affluent, the poor, Americans agree on ACTION! ACTION is the Volunteer Agency that brings skilled people together to solve local problems. There are programs like VISTA, the Peace Corps, Retired Senior Volunteers Program, University Year for ACTION, the Foster Grandparents Program, and many others. If you're a community leader and want more information on ACTION and its programs, or if you'd like to volunteer your skills, write ACTION, Wash. D.C. 20525.

AMERICANS AGREE ON

ACTION

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JULY IN YOUR GARDEN:

Living with the drought . . . lawn and garden survival, but also the first happy harvests

ast July, thousands of Western gardenrs strained to pack all the red, white, nd blue possible into their gardens. This uly, as the heat builds from San Franisco to Denver, it may take just as much ffort to keep the greens from becomng dry and brown.

you're attempting to give your lawn ust enough water to keep roots alive ntil fall rains, remember that in the wn's weakened state it won't take the sual summer punishment from lawn arties, barbecues, and playing children. ither protect it or just let it go; in waterort times, there isn't much middle ound.

requently check the ground under ulches for moisture. Plants that wilt in e heat of the day may be able to get without water; those that remain ilted in the evening definitely need ater. Many water districts in the ought areas have already prohibited rden watering during much of the day, pically from 9 to 5.

orful rhubarb chard

hese tots, these stalks are giant fans. rownups, they're a year-round e of food, and one of the easiest to grow.

v elevations of California, you can eeds even in midsummer. In tain regions, sow seeds or set out in spring. Start harvesting any rowded seedlings in weeks. Stalks e in about eight weeks, produce to a year if you remove bloom as they form in the spring.

rvest, tear off outer stalks near the leave the center ones to grow. the stalks separately until almost before adding the leafy tops.

ll chard grows to these ntuan proportions. The secret: ners here at Camp Joy in er Creek, California, grow it in f loose, rich soil, amended 1½ to deep with well-rotted manure mpost, plus a dash of bonemeal.

The lowdown on bio control

About 98 percent of insects and spiders are harmless to man and his plants, but can you tell them from the harmful ones in your garden? As an aid to identifying the problem 2 percent, the Sierra Club's Pesticide Task Force in Santa Clara County, California, has prepared a slide show on the subject.

The hour-long presentation can be given by a task force member or by your club's own speaker from a prepared script that accompanies the show. The slides cover a wide range of common insects; they not only show how to control the damaging ones in the safest way possible but also what can happen if you just let nature take its course (frequently the best choice).

To schedule a narrated showing or to borrow the program by mail, write to the Pesticide Task Force, 184 Lockhart Lane, Los Altos, Calif. 94022. The shipping and handling fee for loaned programs is $3.

Add sprinklers to your drip system

The low-volume sprinkler shown at lower right is an Israeli-made solution to the problem of watering ground cover with a drip system. Another solution is the drip mister, but it emits a hemisphere of mist that can easily be blown off target.

This sprinkler sits atop a 16-inch shaft and sends out larger-than-mist droplets in a flat trajectory. Compared with a mister, it's not as susceptible to wind dispersion, covers more area (4 to 5 feet instead of 3 feet), yet emits only about 9 gallons of water per hour. Fed by a ¼-inch tube from an installed drip system, the sprinkler is easy to move, raise, and lower.

An American version of the Israeli model ($2) has just come on the market for about 75 cents. It's available from some garden centers, hardware stores, and other drip-irrigation dealers. Or you can order either model by mail from Care-Free Irrigation Supplies, Box 151, San Juan Capistrano, Calif. 92675.

Sunset's GARDEN GUIDE

Another reading on the drought

Fully a third of the fall issue of *Pacific Horticulture*, to be published this month, deals with aspects of drought gardening. It's all covered in five articles.

Readers with languishing patches of lawn will find alternatives to lawn landscapes in one article. Offering more immediate help, a second article describes how simple techniques such as planting in ditches and using common tools like the hoe can put you gallons ahead.

For more general knowledge, a third summarizes how plants use water and why some need less than others. There

This low-volume sprinkler *covers a 5-foot circle of ajuga with water from a ¼-inch drip irrigation tube*

BILL ROSS

Sunset's GARDEN GUIDE

are also short articles about drought-tolerant rhododendrons and the Bancroft Garden (all drought-tolerant plants) in the northern California town of Walnut Creek.

Pacific Horticulture is the quarterly journal of the Pacific Horticultural Foundation. To order the fall issue, send $2 to the foundation at the Hall of Flowers, Box 22609, San Francisco 94122. A year's subscription is $6.

Our garden contest; the last word

Now that your summer garden is well on its way, why not share your triumphs, innovations, and clever schemes? Just send a postcard to Garden Contest, *Sunset Magazine*, Menlo Park, Calif. 94025. We'll send you an entry blank to return with a few photographs of your garden.

This summer, *Sunset* editors plan to scout as many Western gardens as possible, so don't give up if you have a small garden in a small town. If your ideas are good, we'll try to see your garden wherever it is. Our only bias is toward gardens of single-family dwellings.

DAVID STUBBS

Top-setting *Egyptian or walking onions grow in tiers well above the ground*

For some comments on last year's winning entries, see page 112 of the April 1977 *Sunset*.

Onions that grow in open air

Egyptian onions are a delightful change from the green onions and shallots they resemble in flavor and use. The difference: These bulbs emerge from the tops of stalks, like flowers. As they ripen (from midspring through late summer), you can break them off to eat or plant them to produce more onions.

Bulbs in the ground continue to produce until winter, when plants become dormant. Each spring they start again, so you don't have to replant annually as with other onions.

Plant in early fall for bearing crops next year. You can order them from Nichols Garden Nursery, 1190 N. Pacific Highway, Albany, Ore. 97321. Twenty-five starter bulbs cost $2.50, including shipping. If you're interested in other unusual plants, request a copy of the company's catalog.

Rope trick

How many times have you tried to reach too far with the hose and cracked it back at the coupling, or maybe just pinched it, slowing the flow of water to a trickle?

There's an easy solution shown below. Tie a nylon or cotton rope to the spigot at one end and about a foot down the hose at the other end. No matter which way you pull the hose, the rope takes the strain and avoids pinching.

Tied *between spigot and hose, rope keeps hose from kinking or cracking*

JULY CHECK LIST: *Here are the midsummer chores*

☐ **Annuals.** Since it's late in the season, scrutinize annuals carefully before buying; stay away from heavily rootbound plants and those with stems that have become woody. Some that can still be planted now are celosia, cosmos, marigolds, portulaca, sweet alyssum, and verbena.

☐ **Azaleas and rhododendrons.** Check soil beneath mulch often; whenever dry, use the clearest water available (soapy gray water isn't good for these).

☐ **Berries.** Most berries need regular watering from the time they flower until harvest. However, don't fear if you're short on water; a dry summer may give you scanty berries, but it won't kill the plants. Keep red raspberry suckers pulled, and cut 2-year-old canes on all berries back to the ground. Tie this year's canes to a trellis or fence to make next year's crop easy to reach.

☐ **Chrysanthemums.** You can increase flowering by pinching tips, but don't pinch after the end of the month or buds won't set.

☐ **Fuchsias.** Keep containerized hanging-basket fuchsias out of the wind and the midday sun, since both dry them out. Mulch plants in the ground, and build a shading structure if necessary to keep them from getting hot and thirsty. Keep faded flowers and fruits picked.

☐ **Herbs.** Those started from seeds this month should be ready for light harvesting by fall. In mild-winter areas, many herbs grow enough to produce fresh leaves for cooking all year. To have dried leaves handy year-round, hang cut herb branches in the garage for at least two weeks before storing.

☐ **Plant damagers.** Mulches are great water savers, but they also provide cover for earwigs, sow bugs, snails, and slugs. Tightly rolled newspapers are good earwig traps. If sow bugs are a problem, just water; they'll run out of the mulch and up the nearest wall, and you can sweep them into a dustpan. Bait for snails and slugs or hand-pick them at night. If you can't bear to squash them, drop them into a lidded garbage can and send them out with the trash.

☐ **Vegetables.** If winter doesn't come early where you live, you can still plant late summer and fall vegetables such as beans, Brussels sprouts, cabbage, corn, cucumbers, eggplant, melons, and peppers.

☐ **Watering.** Never water during heat of the day, especially with a hose or exposed drip system.

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BILL ROSS

River stones *help hide the rim of this laundry-sink pool; nearby fuchsias and ferns like the humidity the water provides*

Home for fish, snails, aquatic plants

These two pint-sized garden pools used to be concrete sinks, the kind common in not-too-old laundry rooms and garages. They take very little water to fill (about 20 gallons) and little time to install, yet they can be home for several kinds of aquatic plants, fish, and water snails. They'll even attract insect-eating toads and birds in need of a drink.

Two neighbors in Santa Barbara—Jerome and Sydney Baumgartner and Rex and Peggy Marchbanks—installed the two laundry-sink pools pictured here. Installing one is a simple weekend project: Fill the drain opening and any cracks with patching cement, dig a hole, set in the sink, and fill it with water (the Baumgartners and Marchbanks never drain their pools; they add 1 to 5 gallons every few months to replace what has evaporated).

Inside the sink you can grow plants that need water around their roots. Doing well in the one pictured at right are tall Japanese arrowhead (*Sagittaria sagittifolia*) and leafy umbrella plant (*Cyperus alternifolius*).

Around the sink, try growing plants that like a little extra humidity, such as maidenhair and other ferns, or fuchsias.

Japanese trap-door snails help keep the pool clean as they vacuum up decaying plant matter and algae. Mosquito fish (ask your local mosquito abatement district or county health department for them) keep mosquitoes from breeding in the pool.

Regardless of snails and mosquito fish, a laundry-sink pool may eventually become quite full of fallen leaves and other debris. The only way it can be cleaned out is by bailing and scooping. □

Aquatic plants, *still in their nursery cans, grow inside another sink-pool*

Those White-Westinghouse folks hate wasting water as much as Pearl does.

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BILL ROSS

Plant curiosities *abound in two cactus and succulent collections. Flowering agave in foreground; Lemaireocereus marginatus towers at rear*

Recently expanded *palm collection has 18 different kinds. Tree ferns, gingers, bananas, and other tropicalia thrive in the shade here*

Parking lot *greeting and directions start your visit*

30 acres of canyons, mesas, hills, and cliffs in San Diego County... all for garden lovers, garden scientists

To see for yourself why some people c northern San Diego County the "flow capital of the world," just pay a visit Quail Botanical Gardens.

Just off Interstate 5 about 20 miles no of San Diego, this is a county regio park and bird sanctuary that stretc across 30 acres of canyons, mesas, r ing hills, and steep cliffs. It's not typical park—you can't play your ra or let your children climb the trees even picnic on the lawns. But you c enjoy a unique collection of over 7 kinds of plants from around the worl

avorites *for many visitors are the fascinating proteas, natives of Africa d Australia. Clockwise from top left: Banksia ericifolia, otea neriifolia, Banksia menziesii, and Grevillea banksii*

he park's essential purpose, as its bro- ure states, is "to serve the botanical terests of the public and the scientific terests of specialists." The specialist n enjoy many areas designated for ecific groups of plants, such as cactus d other succulents, and bromeliads.

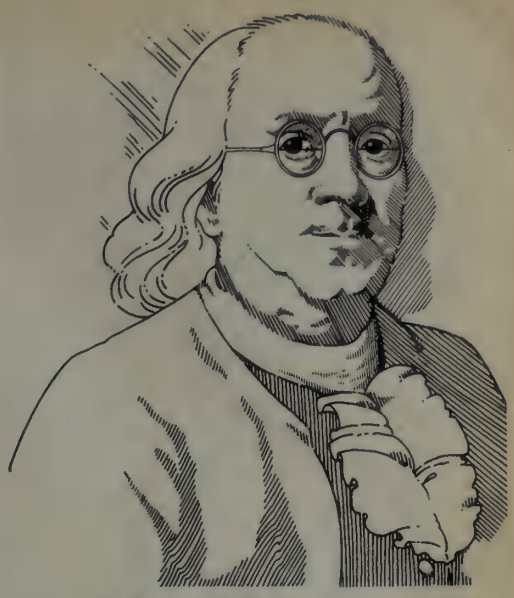
he home gardener without a scientific nt can appreciate the formal walled rden, the iris collection, the plantings herbs, and the small clusters of aza- as and camellias, pines, and conifers.

ot all the plants are arranged in groups cording to botanical or horticultural lationships. Randomly placed through e garden are individual plants of many nds of acacias, eucalyptus, erythrinas oral trees), pines, and ice plants. Par- ularly impressive are the massive cork ks, a Hong Kong orchid tree (*Bau- nia blakeana*) that blooms spectacu- rly in winter, and a monkeyhand ee (*Chiranthodendron pentadactylon*), hose flower shape gives it its name.

ou can obtain detailed information about many of the plants from self-guiding tour pamphlets available at the registration desk. These describe the highlights of five sign-marked routes through the garden, including a chaparral walk. They'll help make your tour more enjoyable while giving you a few light lessons in botany.

Quail Gardens is open daily, including holidays, from 8 to 5 (to 6 in summer). Admission is free. To learn more about the park or for information about tax-deductible membership in Quail Gardens Foundation, write to Box 5, Encinitas, Calif. 92024. The Foundation works closely with the Department of Parks, County of San Diego, which operates and staffs the garden.

The park is in Encinitas, midway between Oceanside and La Jolla; take the Encinitas Boulevard exit east from Interstate 5 and turn north after a quarter mile onto Quail Gardens Drive; the entrance is ahead a short distance, on the left side. □



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*Varilux 2 is available only in California, Oregon, Washington, Hawaii and Alaska.

PATRICIA J. BERG

A new form *for an old favorite: Oak-leaf ivy may stay denser, more compact than the relatives it's shown with below*

Grape ivy has an oak-leaf relative

The handsome house plant above is just trickling into nurseries and plant boutiques. It's oak-leaf ivy, or *Cissus rhombifolia* 'Ellen Danika,' a new form of the familiar grape ivy, *C. rhombifolia*. At a recent plant sale at the Los Angeles State and County Arboretum, it was one of the fastest-selling plants.

In most ways, it's very similar to its popular relatives, grape ivy and kangaroo ivy (*C. antarctica*). It takes the same easygoing care: moderate water and light, and infrequent feeding. Like them, it's an evergreen vine that can climb by tendrils. Although it too will probably grow well outdoors in the ground in frost-free climates, in sun or fairly deep shade, its most popular use will probably always be for hanging containers indoors.

About the only difference, besides the new shape and lesser sheen of its leaves, is its slightly denser growth habit. Indoors or in dim light, where grape and kangaroo ivies tend to become elongated, oak-leaf ivy seems to stay more compact. To make a 6-inch pot look lush and full, you need only five cuttings of oak-leaf ivy; of grape ivy, you use six; of kangaroo ivy, as many as eight. □

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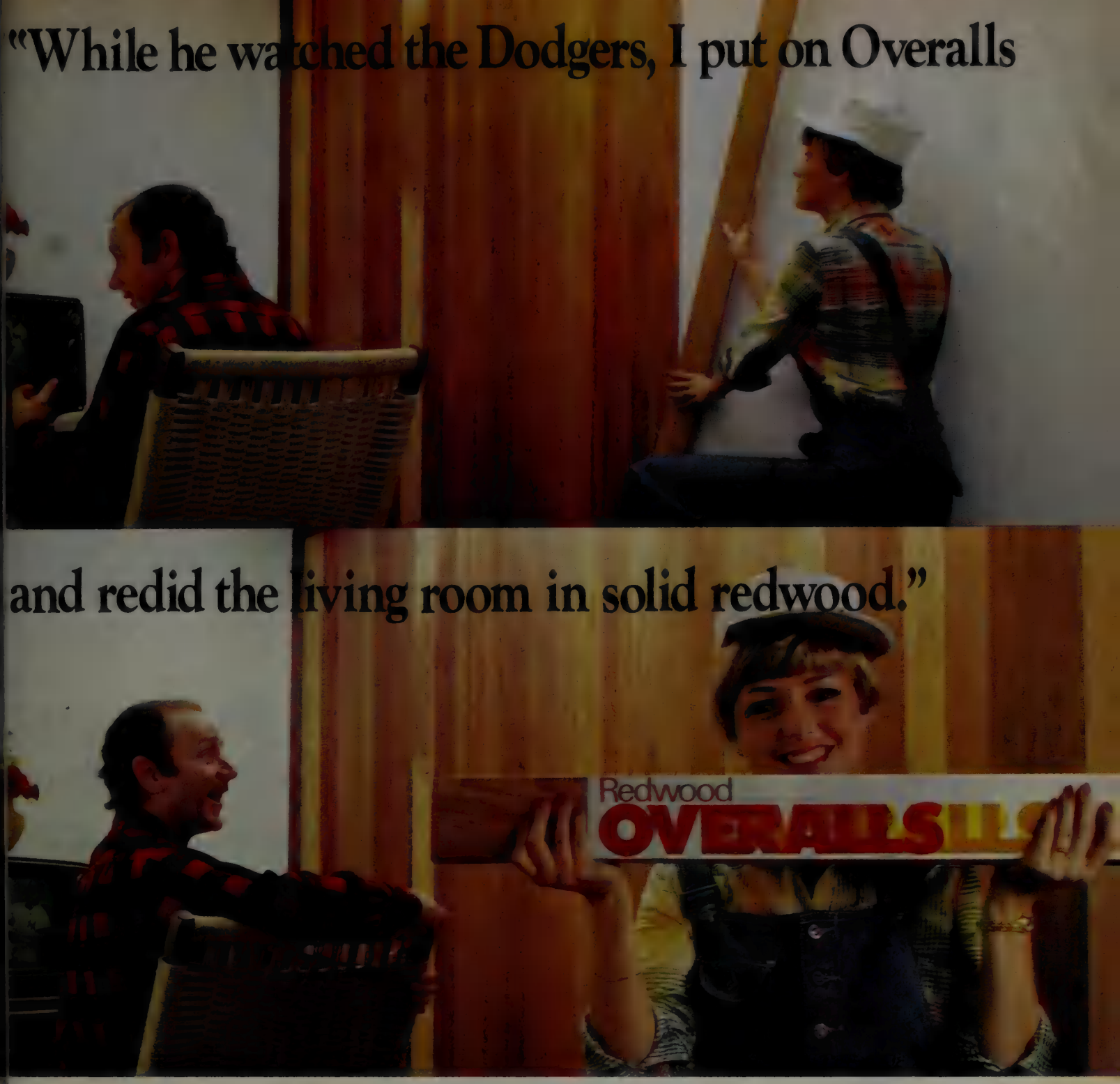

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For Fun and Discovery in Your Garden

If you love to discover new ideas —exotic new plants, new container ideas, tips for bigger crops in your vegetable garden, explosive color displays, challenging projects with great rewards—you'll want every issue of *Joy of Gardening*.

Joy #1 was issued last spring. It was a genuine hit with gardeners all across the country; so we've published *two* issues this year.

Joy #2 came out early in January '77, and again, it was received enthusiastically.

Now Joy #3 is on the newsstands. Among its many fresh discoveries: 17 impatiens, Chinese chives, brodiaeas (they need little water), shamrock peas, gourmet cucumbers. It tells you how to grow herbs in a greenhouse, how to garden under lights, how to grow a pear in a bottle, how to store and preserve surplus food. And for back yard farmers, it even offers full guides to beekeeping and raising chickens.

You can pick up a copy of Joy #3 at any newsstand now. If you prefer, send your check—$2.50 ($1.75 plus 75¢ for postage and handling) for *each* edition. *California residents add 11¢ tax* for each issue. Mail to: Joy of Gardening, Lane Publishing Co., 80 Willow Road, Menlo Park, California 94025.

Italian bellflower *is so pretty you could hug it, but go easy—the stems are very brittle*

She's hugging Italian bellflower

This starry cascade was started thre years ago from four small plants c Italian bellflower (*Campanula isophylla* set in a 12-inch pot. It's now a soli clump of 3 to 4-foot, green-leafed, trai ing stems smothered with pale blue flow ers in late summer and fall.

You can start your own campanula cas cade with plants now available in 4-inc pots at some nurseries (if water is limitec wait until October or November). If you nursery doesn't carry blue-flowered C *isophylla*, ask for white-flowered, green leafed 'Alba' or lavender-flowered, gray leafed 'Mayi.'

Choose a potting mix that has enoug organic matter to hold adequate mois ture, but is porous enough to drai readily. Grow plants in filtered shade; i warmest climates they need almost com plete shade but full light.

Water small plants at least every othe day; older plants with large, tightl rooted clumps need daily water (an overhead sprinkling) in warm weathe Feed every three or four weeks wit complete fertilizer during the activ growing period from spring to fall.

Reduce watering when plants start goin dormant in cold weather. Old stem usually fall off; you can also pull ther off easily. In spring plants will put ou fresh new growth.

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STEVE W. MARLEY

Rope *connects lengths of utility pole to form visual barrier at edge of deck*

It won't be long *before these heat and wind-resistant Texas umbrella trees form dense canopies of shade. Vinca minor ground cover needs little water*

It's all in 30 by 65 feet, all done on a budget

Path to potting shed *is outlined by yellow chrysanthemums, lengths of utility pole. In foreground are blue fescue and dwarf agapanthus*

They wanted an outdoor area for hobbies, an easily maintained and attractive area for entertaining, and a green country retreat. But Don and Juanita Walker of Davis, California, had a back lot that measured only 30 by 65 feet—and they had a limited budget.

So, to create the garden you see above the Walkers spent time and labor instead of money. With careful planning, they scaled down the landscape features—walks, pool, deck—to avoid crowding the small lot. Then they worked slowly and patiently for three years.

Acquiring the materials

There was some expense for concrete, redwood (structures and deck), and plantings. But the materials that give the garden its country look were all salvaged —or "scrounged" as Don Walker puts it.

Earth for the mounds came from the paved areas and from the pond site. The Walkers hauled in the volcanic rock one pickup-truck load at a time from th Red Bluff - Lassen area about 100 mil north. (Ranchers were happy to hav the rocks hauled away to improve thei pastures.)

Organic material for soil amendmen and mulching came from a forestry sta tion, where vast numbers of pine cone are ground during seed extractions. N longer burned because of air-pollutio regulations, the cone chips have prove hard to get rid of, and the Walkers wer

STEVE W. MARLEY

lkway *blends lengths of railroad ties h exposed aggregate concrete*

ered all they could haul away.

. Walker drove along railroad rights way to chat with track crews who di- ted him to used ties which had been cted as unmarketable. With a chain he cut 3-foot lengths to haul away. did not need longer pieces, and even most badly damaged ties had usable ions. (See how the ties were used in photograph above.)

aged lengths of utility poles shore the raised mounds. They were ac- ed in the same way as the ties—by ing country roads and looking for vs replacing the poles, then sawing ole lengths from the rejects.

the garden works

us of the outdoor entertaining area deck that overlooks a pond and erfall. Shade is provided by a Texas rella tree (*Melia azedarach* 'Um- ulifera'), a compact round-headed that gives dense shade during the Sacramento Valley summer and stands heat, wind, and alkaline soil.

circulating pump powers the water- and helps keep the water aerated for ish. The pool has achieved a state of nce; fish control the algae and eat mosquito larvae that may appear. vn by the water, toads have been g up residence in the garden, where help reduce the insect population contribute their own brand of coun- music. Birds, bees, and dragonflies ther frequent visitors.

ct, the pool has led the Walkers to up a new hobby: watching and ographing the birds that come to or search for food.

ough the garden was a long time in aking, it now requires little upkeep. e is no lawn to mow. Ground covers *inca minor*, *Potentilla verna*, and fescue require little care and less than grass does. □

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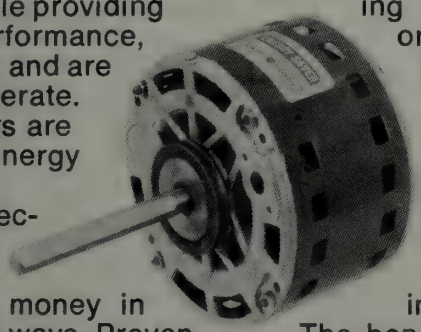

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AD 728-15

This quarter-acre property contains much

A sculptor's outdoor gallery, a patio for parties, a lawn, play spaces, birch grove retreats for meditation

Only a few years ago there was no sign of this lush garden: just a rather rectangular house plunked in the center of a rectangular lot, surrounded by some lawn and a few shrubs.

Then William Snyder, Professor of Landscape Architecture at the University of Idaho, went to work—and made plenty of demands on the 100 by 130-foot property. As a sculptor, he wanted outdoors display space for his work. He wanted privacy, protection from wind, birch groves to meditate in, secluded spots for entertaining, and most important, lawn and play space for the four active Snyder children.

He did all of the work himself. First the four corners of the lot were filled in, three with groves of European white birch and paper birch, and the fourth with a grove of Scotch pine. A high wooden fence and narrow plantings of tall, screening plants along the property line completely enclose the garden.

Plants divide the lawn into different play areas. An entertainment patio of poured aggregate is tucked into one end of the garden among the perimeter plants; a high wood wall screens it from the street.

And all around the garden, walls of foliage and clusters of plants provide backgrounds for sculpture.

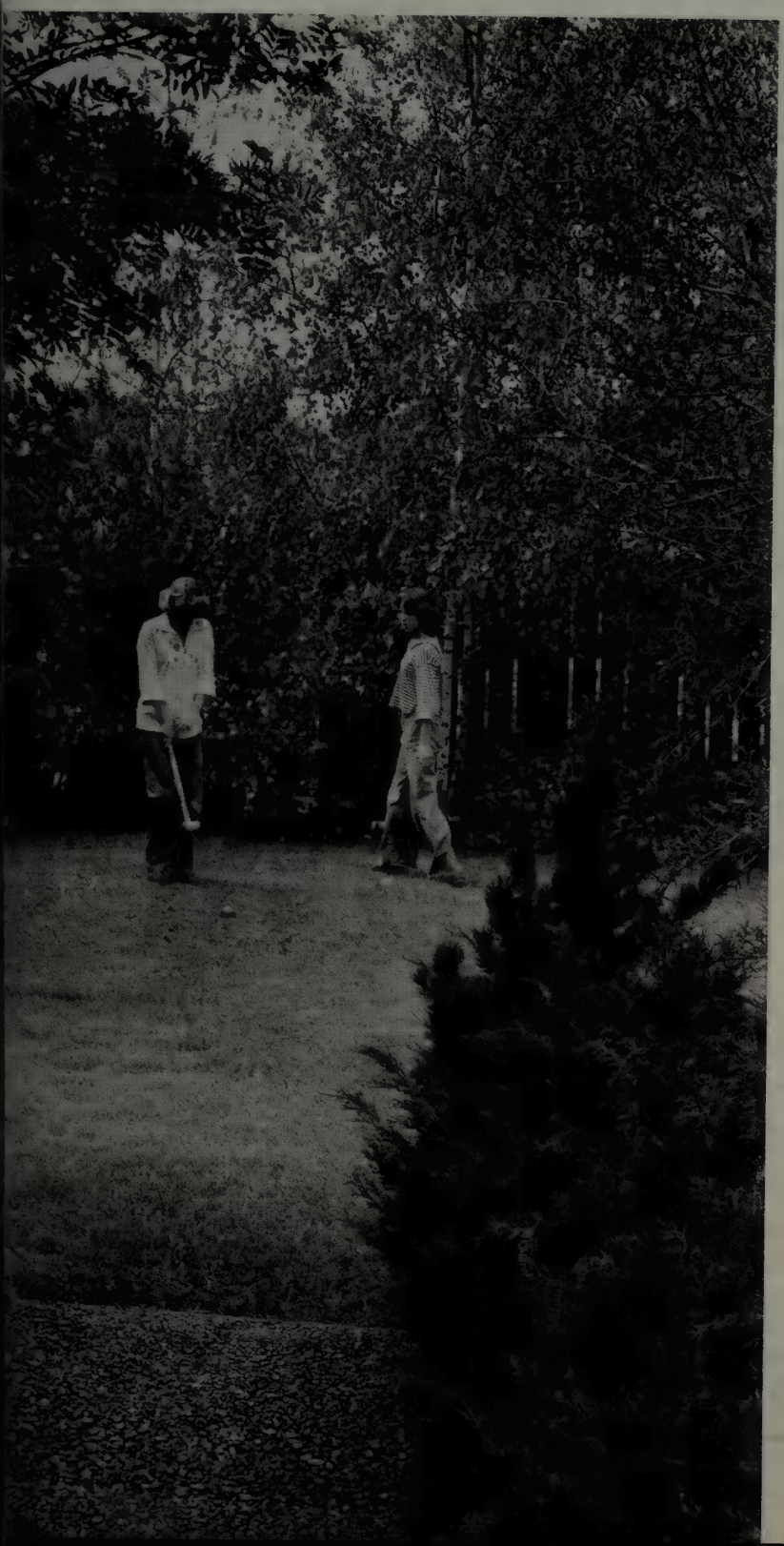
The birches and Scotch pines give the garden unity. Mr. Snyder also used 67 different varieties of other plants, each carefully grouped with others of its kind or complementary plants. □

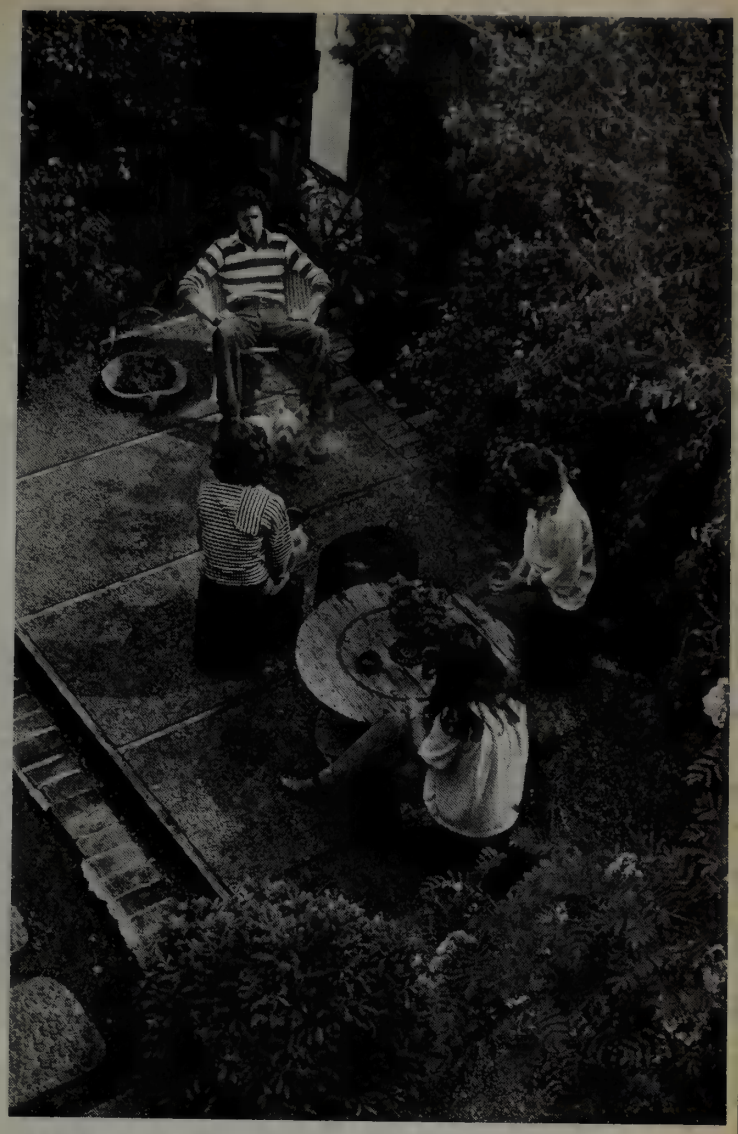
Surrounded *by plants, croquet lawn is reached by pathway of aggregate*

DON NORMARK

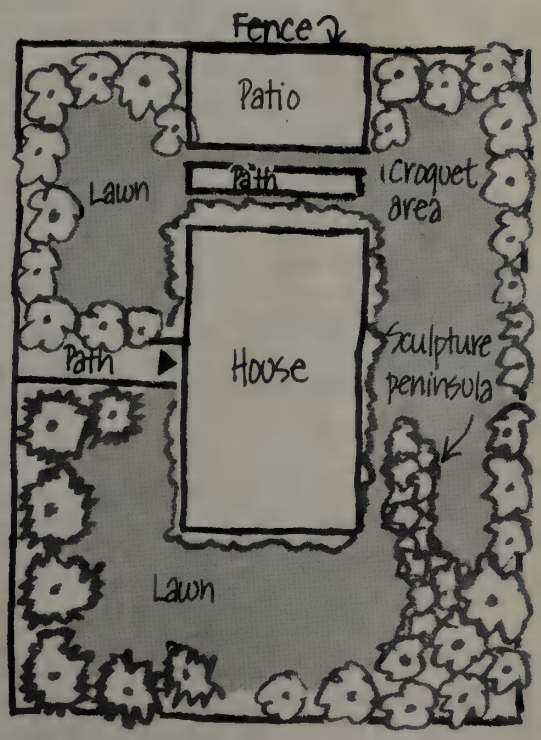
Popping from a cluster *of nest spruce, wooden lady is shaded by canopy of amur maples. Long, narrow sculpture bed juts into lawn at rear of lot*

A tapestry *of shapes, textures, colors is provided by contrasting plants: ajuga, hosta, cranesbill, and tulips. Light-colored panel on fence provides background for iron sculpture on pedestal*





Good for small *gatherings, entertaining area is next to property line. High wood panel gives privacy from street. Shrubs soften the fence, give feeling of woodsy privacy*



Different spaces *have different uses in small corner lot. Heavy planting separates them and provides islands of quiet*

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Growing annuals with less water

Visitors this summer to *Sunset's* headquarters in Menlo Park, California, will see some small but important changes in our summer flower displays. All are designed to show you—and help us learn—how to grow annuals best when water is in short supply.

We started by dividing the flower strip around our main lawn into seventeen 100-square-foot plots. Each is planted with one of the annuals that we consider drought tolerant: celosia, coreopsis, cosmos, hollyhock, petunias, portulaca, rudbeckia, sweet alyssum, verbena, and Vinca rosea in the sunny areas, plus fibrous begonias and impatiens in shady places.

You won't find any of the usual water-loving annuals (ageratum, dahlias, lobelia, snapdragons, tuberous begonias, and zinnias) at *Sunset* this summer.

Watering what we've planted

We're also experimenting with different irrigation systems. Our control is the simple hand-held hose, and for comparison we've installed bubblers, soakers, various drip-irrigation systems, subsurface ooze hoses, and overhead low-volume sprinklers. Two beds are being watered with automatic, moisture-sensitive drip systems.

Watering is done only when needed and when it's least likely to evaporate. Moisture is checked daily in all plots by direct inspection or with a moisture meter.

Measuring our water use

A display at each bed includes a water meter that measures the number of gallons used on the bed since the experiment began. An information board above the meter tells what's planted, when it was planted, and how it's being irrigated. (Water for the experiment comes from *Sunset's* own well, not the rationed Hetch Hetchy Reservoir supply that serves our area.)

Results of the experiment will give us extra background for a projected water use demonstration garden, and fodder for more drought-gardening articles.

Sunset's grounds are open for self-guided tours from 8 to 4:30 Monday through Friday. We offer 45-minute guided tours of our offices at 10:30 and 11:30 A.M. and at 1, 2, and 3 P.M. From U.S. 101 between San Jose and San Francisco take Willow Road/Menlo Park exit west a mile to Middlefield Road. We're on the southwest corner.

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BILL ROSS

Two-year-old, *above, is a Polypodium aureum grown from spores. One way to collect spores (right): Brush or tap dustlike reproductive units from underside of mature fronds onto creased paper*

From dust to a good-sized plant in 2 years... when you grow ferns from spores

Waiting for spores to mushroom into big fronds is an exercise in patience—it takes about a year for the average fern spore to become a 4 to 6-inch plantlet. But for people who enjoy plants, the time is well spent. It's an opportunity to master another horticultural skill and learn the unusual growth process of this group of plants. The project also shows one way to acquire exotics, such as climbing or ivy-leafed ferns, that you rarely find in nurseries.

How to get spores

You can collect these tiny reproductive units from ferns yourself, or buy them mail order.

In Western climates, the time to collect spores from most kinds of ferns is late spring and summer. The spores usually make regular patterns on the underside of older fern fronds. Typically the spore clusters become plump and dark as they ripen, although a few kinds are still yellowish at maturity. If spore clusters look frayed or faded, they are past their prime and may yield poor results. Check several fronds to find clusters at the optimum stage of maturity.

To gather spores, cut off a sporing frond and place it in an envelope for several days; spore dust should drop naturally. On leathery fronds you can sweep off spores with a soft brush as shown above.

Some mail-order seed catalogs offer several kinds of spores. Less common varieties are available through membership in either of two fern societies. The American Fern Society sells around 700 v rieties for 25 cents a packet. To beco a member, send $5 to Dr. Terry Lucansky, Department of Botany, U versity of Florida, Gainesville 32601.

The Los Angeles International Fern ciety offers half a dozen kinds of spo for 50 cents a packet through its mont bulletins. Send the $5.50 membership to the society at 2423 Burritt Ave., dondo Beach, Calif. 90278.

How to grow them

As a soil medium, you can use eq parts of finely sifted sand, peat moss, vermiculite. Sue Olsen, of Belle Washington, whose collection is sho at upper right, has best results on sift unsterilized leaf mold. Finely sifted c

DOUG WILSON

Even in a dark basement, *this collector grew he ferns in flats from spores in a year or less. Two luorescent tubes above each shelf provide enough light*

When *soil crusts with green scales ¼ inch across, mist lightly*

Months later, *inch-tall sporelings are ready to transplant—separately or in clumps— to 2-inch pots*

ost should work equally well.

or containers, she finds clear plastic frigerator boxes ideal. Other gardeners ve used everything from clear casse- le dishes at least 4 inches deep to seed ts covered with a pane of glass.

oisten the soil medium thoroughly, ain off excess water, and fill the con- ners 1 to 2 inches deep. Dust the ores over the surface and cover the ntainer with a transparent, tight- ing lid. Place in a moderately warm, ll-lighted place such as a north win- w or greenhouse.

s. Olsen grows her collection under orescent lights—one plant tube and e cool white one above each shelf, 1 t above spore boxes and 1½ feet ove young plants. She keeps the lights on 14 to 16 hours a day. Her basement room stays around 65°.

Condensation on the container lids should be adequate moisture for the first six to eight weeks. By then, green, scaly, mosslike growths called prothallia usually coat the soil surface. When these scales are ¼ inch across, mist lightly to aid fertilization of female cells—it can take place only in a film of water. About 10 days later, tiny fronds should appear. If not, mist about once a week until fronds do grow.

Several months later, when fronds are about an inch tall, the ferns are ready to plant separately or in groups of two or three in 2-inch pots. Repot frequently to slightly larger containers to encourage faster growth. □

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Garden shows at the California fairs

County fairs usually bring to mind Ferris wheels, livestock shows, homemade jams, and home-grown fruits and vegetables. But several, especially in California, also have elaborate flower and garden shows reminiscent of turn-of-the-century exhibitions—with towering temples, waterfalls, and lavish plantings.

This is the season for California's best shows of this type and we list them here, beginning with the earliest. It may be just the summer to leave your own garden behind for awhile and take the family to enjoy the never-never land of one of the Golden State's larger fairgrounds.

How they work. Garden shows of this scale are usually assembled under the direction of professional designers. They oversee construction of display structures designed according to the annual theme—be it Victorian times, Mayan temples, or South American jungles.

Floral arts and outdoor garden displays are the two major categories that amateur and professional entrants may compete in; their entries must reflect the central theme. Professionals often contribute especially lavish displays.

Not only extravaganza. You'll learn something, too. This year many of the fairs we list have displays on home-garden water conservation. Frequently members of professional organizations, garden clubs, and plant societies are on hand to give helpful information.

Retail booths often offer specialty plants and garden-related items. Check with officials or exhibitors to see if display plants will be sold at fair's end—a good way to get flowering shrubs and sizable indoor plants at good prices.

Southern California Exposition: June 21 to July 4, Del Mar Fairgrounds, west of Interstate 5 near San Diego (take the De La Valle turnoff). Hours: 10 to 10. Admission: adults $2; children 6 to 12, 50 cents. It's a big show, with 2½ acres of landscaped gardens. Exhibitors are some of the state's biggest commercial growers. Numerous plants, from desert to tropical; also entertainment and dancing.

Alameda County Fair: June 26 to July 10 (benefit preview party June 25), County Fairgrounds east of Highway 680 (Bernal Avenue turnoff) in Pleasanton. Hours: 10 to 10. Admission: adults $2; children 6 to 15, 50 cents. "International Gardens" theme. Water district will exhibit low-maintenance plants and water-conservation techniques. Plant sale July 10.

Sonoma County Fair: July 11 to July 23, County Fairgrounds east of Highway 101 (Sebastopol-Sonoma turnoff) in Santa Rosa. Hours: 10:30 to 10. Admission: adults $2; teens 13 to 16, 50 cents; children 12 and under, free. "Go West" theme, with Victorian storefront settings and special effects, music, and entertainment. Water-saving exhibit nearby.

San Mateo County Fair and Floral Fiesta: July 25 to August 6, County Fairgrounds west of Highway 101 adjacent to Bay Meadows Racetrack. Hours: weekdays noon to 10; Saturday and Sunday 10 A.M. to 11 P.M. Admission: adults $1.75; children 6 to 12, 50 cents. Elaborate "South of the Border" and "Gardens for Today" themes, with attention to water conservation. Home-garden care center, information booths.

California Exposition and State Fair: August 19 to September 6, fairgrounds on Exhibition Boulevard off Interstate 80 in Sacramento. Hours: 10 to 10. Admission: adults $2.50; 12 and under, free. "In the Good Ol' Summertime" theme, with old-fashioned setting under huge, tentlike fabric structure. Water resources exhibit and Garden Club Day with statewide club displays.

San Francisco County Fair and Flower Show: August 26 to August 28 (preview party 6 to 8 P.M. August 25), Hall of Flowers, Golden Gate Park (Ninth Ave. and Lincoln Way), San Francisco. Hours: Friday, Saturday 10 to 8; Sunday 10 to 6. Admission: adults $1.50; children 12 and under, free. Displays by plant societies and artists in setting of waterfalls and fountains. Water-conservation booth; plants and paintings for sale.

Marin County Fair: September 1 to September 5, fairgrounds next to Marin Civic Center off Highway 101 in San Rafael. Hours: 11 to 11. One-pay gate fee: senior citizens $1; adults $2.50; children 12 and under $1.

Garden show amid backdrop of civic buildings designed by Frank Lloyd Wright. Special emphasis on plant care and selection for Bay Area environment. Garden-oriented concessions.

Los Angeles County Fair: September 16 to October 2, fairgrounds on Ganesha Avenue off the San Bernardino Freeway in Pomona. Hours: weekdays 10 to 10; Friday and Saturday to 11 P.M. Admission: $2.25; children 6 to 12, 50 cents. "Salute to the Golden West" theme in large, parklike outdoor area with many commercial exhibits. Educational exhibits in adjacent Agricultural Hall. □

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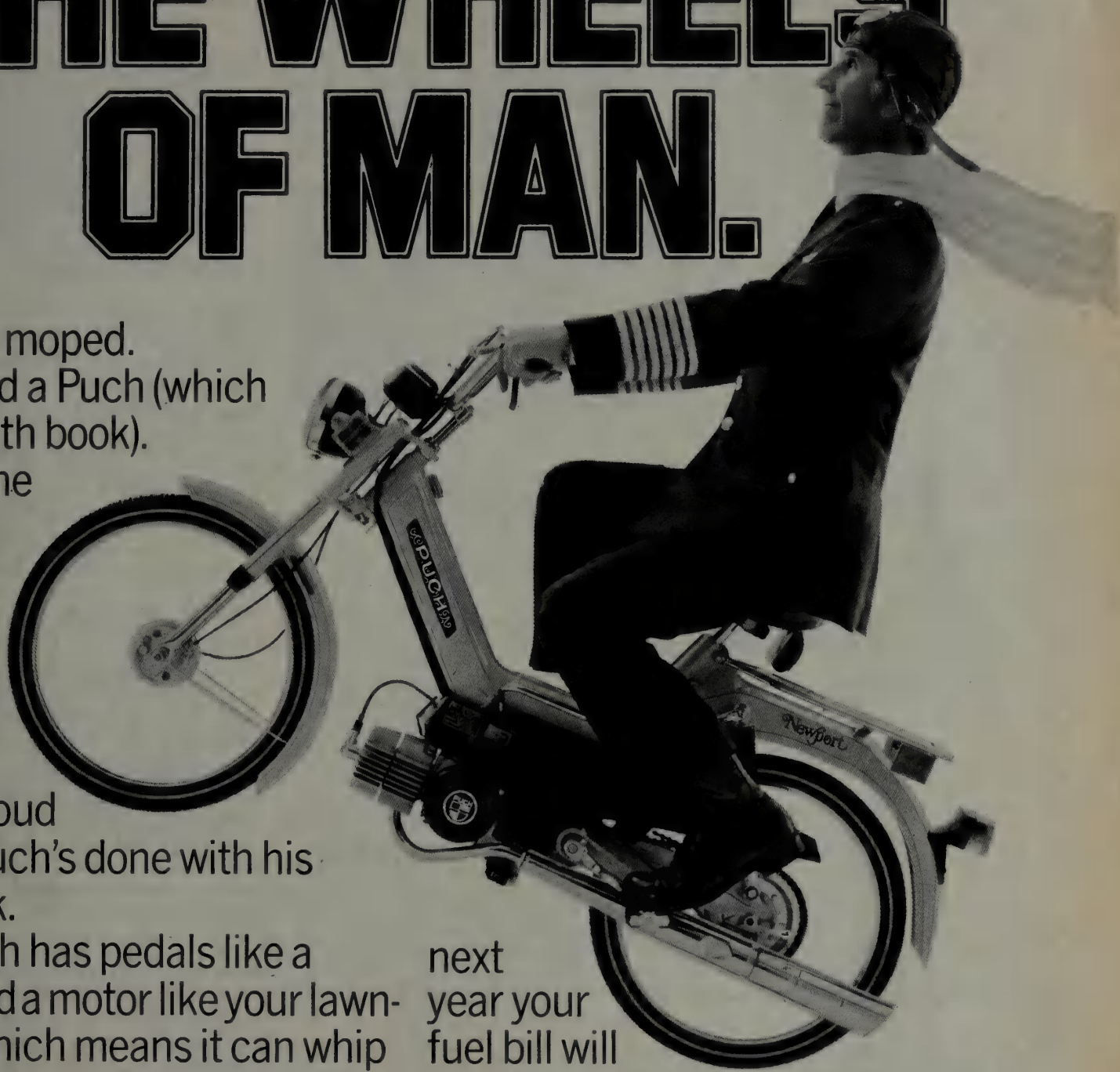


his is a moped.
s called a Puch (which
mes with book).
nd, if the
who
nted
wheel
d see
e think
be
nty proud
hat Puch's done with his
diwork.
e Puch has pedals like a
cle and a motor like your lawn-
ver. Which means it can whip
around town in great style
out worrying about things like
g out of breath, or cardiac
st.
member the sports car you
It's that kind of fun.
The upkeep is low.
And if you ride it
1500 miles next
year your
fuel bill will
be about $15!

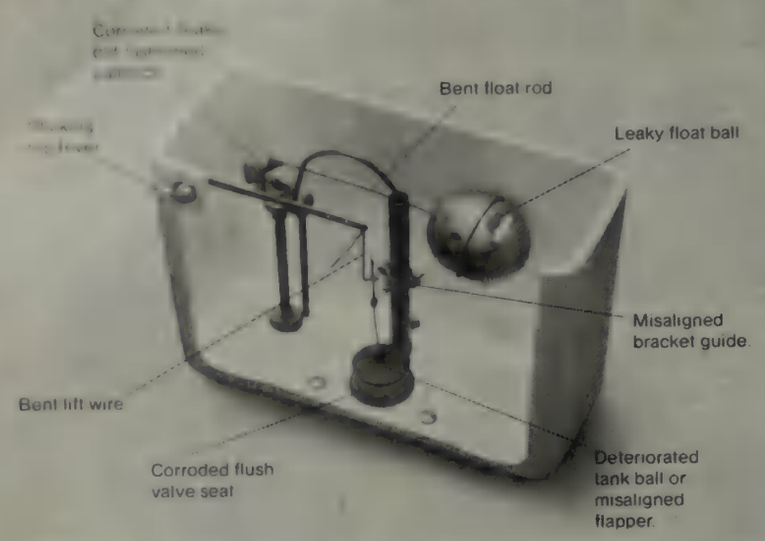
Come on in, ride one, and see
for yourself:
it's been a
long time
since this
much fun
made this
much sense.

PUCH

PUCH. THE MAXIMUM MOPED.

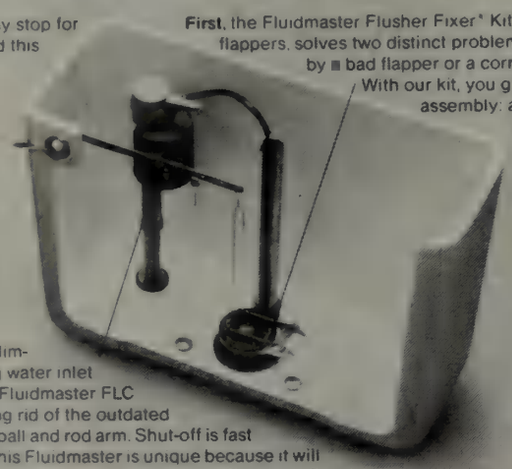
PUCHPUCHPUCHPUCHPUCHPUCHPUCHPUCHPUCHPUCHPUCHPU

What makes Johnny run.



What makes Johnny stop.

To make Johnny stop for good you need this combination



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NORTHERN CALIFORNIA

Davis. July 16. Seminar on winter vegetable growing sponsored by University of California Extension. Fee: $25. For further information and registration, telephone (916) 752-0880.

Truckee. July 16. Twelfth annual flower show by the Sierra Tinker Belles Garden Club. Place: Sierra Mountain Intermediate School. Hours: 1 to 6. Free.

Davis. July 16 and 17. Weekend seminar on construction and management of greenhouses, sponsored by the University of California Extension. Fee: $45. Telephone (916) 752-0880.

San Leandro. July 30. Annual show by the San Lorenzo Fuchsia Society. Place: Bay Fair Shopping Center, E. 14th St. and 155th Ave. Hours: 9:30 to 5. Free.

Mountain View. July 30 and 31. Fuchsia show by the Santa Clara branch, American Fuchsia Society. Place: Mayfield Mall, Central Expressway at San Antonio Rd. Hours: 9:30 to 5:30 Saturday, noon to 5:30 Sunday. Free.

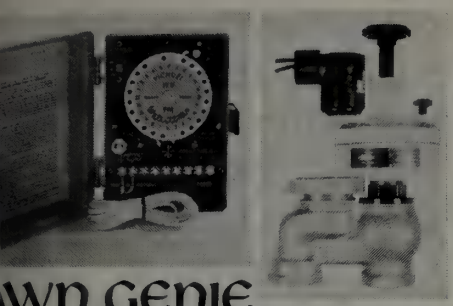
Sacramento. July 30 and 31. Thirty-fifth show by the Sacramento Gladiolus Society also combined with the Western International Gladiolus Show. Place: Shepard Garden and Arts Center, 333 McKinley Blvd. Hours: 2 to 8 Saturday, 10 to 6 Sunday. Free.

Santa Cruz. July 30 through August 27. Course for credit: "A Practical Approach to Plant Propagation," sponsored on five consecutive Saturdays by the University of California Extension. Place: Natural Sciences Building, campus. Hours: 9 to noon. Fee: $65. Telephone (408) 429-2351.

COLORADO

Denver. July 9. Workshop on summer lawn care sponsored by the Denver Botanic Gardens. Place: Classroom of Education Building, Denver Botanic Gardens, 909 York St. Hours: 9 to 1. Admission: free.

Denver. July 9 and 23. Wildflower field trips sponsored by the Denver Botanic Gardens: July 9 to St. Mary's Glacier, July 23 to Hoosier Pass. Departure 7 A.M. from botanic gardens parking lot, 8 A.M. from parking lot at Fall River Rd. and Interstate 70. Fee: $1.50 plus sharing gasoline cost. Each trip limited to 7 persons; bring your lunch. To reserve, telephone (303) 297-2547.



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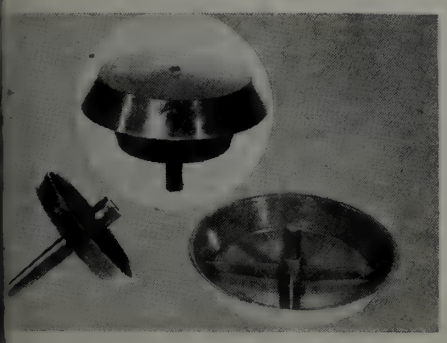

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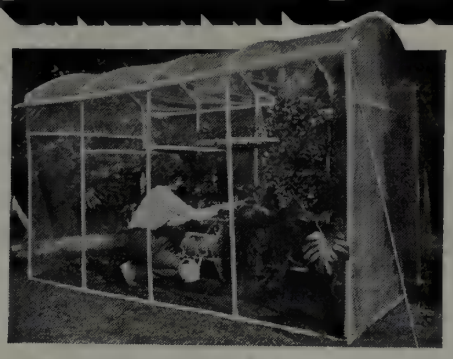

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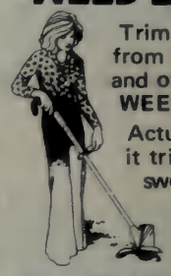

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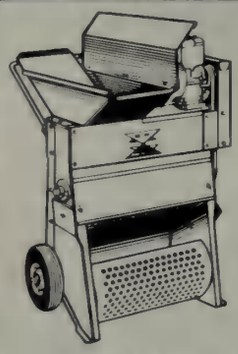

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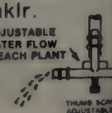

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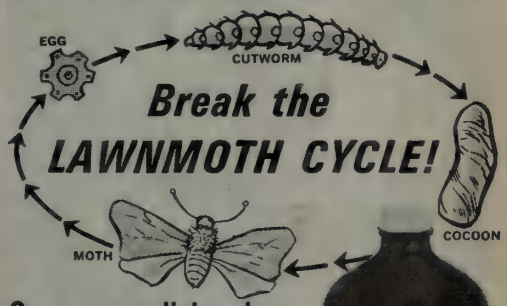

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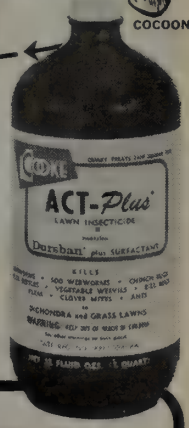

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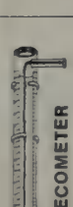

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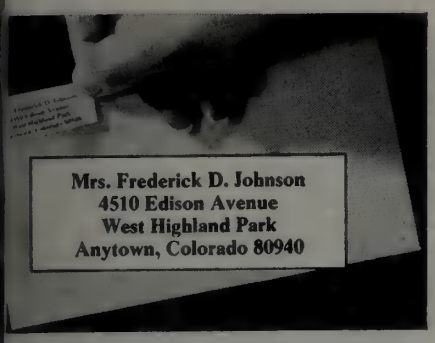

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k and easy way to put your name and n address on letters, records, books, etc. name, address and zip code up to four beautifully printed in black on crisp white ned label paper, 1¾" long. Free decora- box for purse or desk. Set of 1000 labels, lus 20¢ postage & handling. Don't know zip code? We'll look it up for you. Money if you are not pleased. Walter Drake, Drake Building, Colorado Springs, Colo.).

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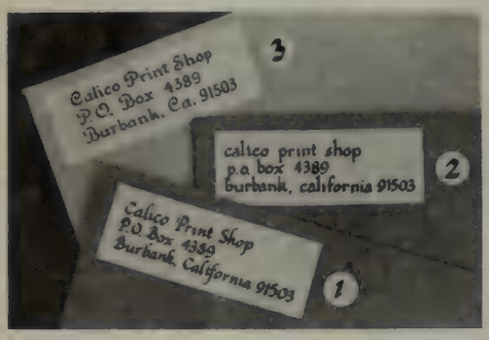

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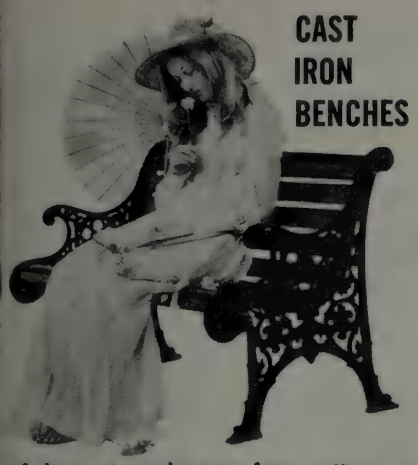

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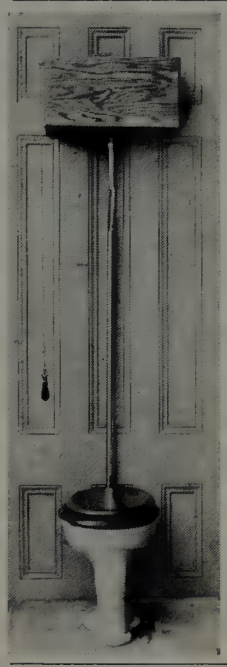

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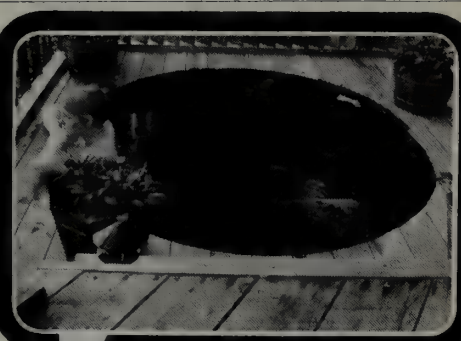

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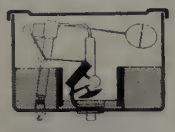

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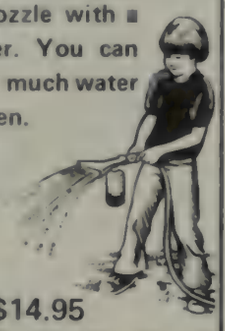

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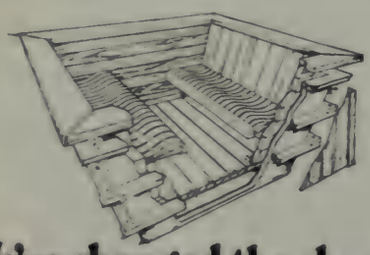

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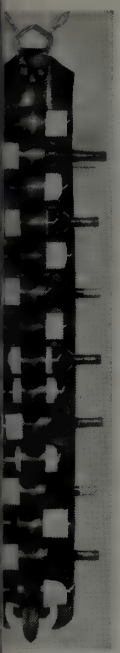
Proponents of this rich liquid fertilizer make great claims for it. And with the tripod-and-bucket system, Mr. Chan can produce 5 gallons of tea in just 24 hours.

Soaking the manure releases the nutrients into the water, so they're immediately available to the plants—and with less danger of burning the plants than with applications of ordinary dry manure. The leached-out manure can be turned into the compost pile or spaded into the garden.

The tripod is simply three independent 8-foot-long fir 2 by 2's, tied together at the top when in use. From the top of this tripod, Mr. Chan hangs a cotton ri bag filled with 3 pounds of steer manur (A burlap bag would work equally wel If you don't have easy access to count manure, you can buy it at a gard supply store.

The bag of manure hangs in a 5-gall bucket of water so that the manure just covered. The water eventually b comes the color of black coffee. Befo using it on plants, dilute the solutio until it looks like weak tea.

Garden vegetables, beds of annuals, a even container plants will all bene from this liquid fertilizer. There is o problem: Depending on the strength the manure you use, and the strength the tea, you're never certain just ho strong the fertilizer is. To be safe, sta with a weak solution, then use strong doses as you gauge the reaction.



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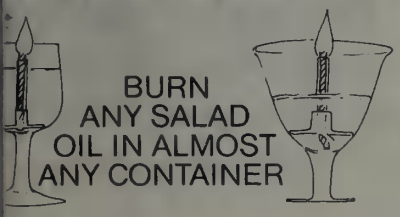

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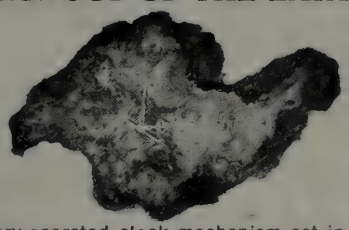

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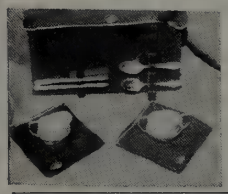

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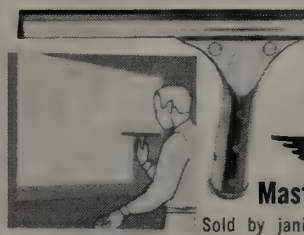

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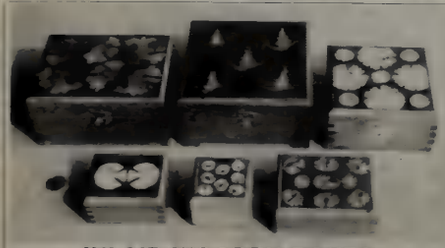

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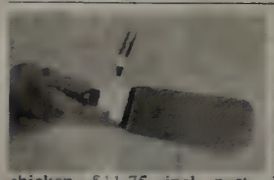

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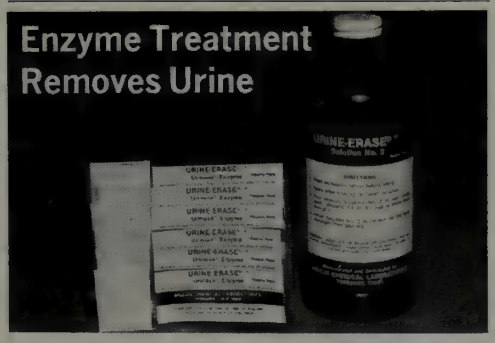

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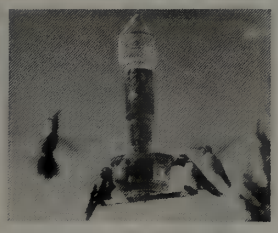

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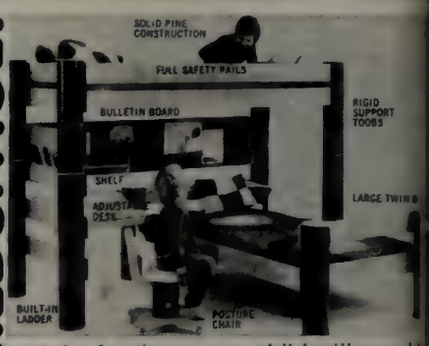

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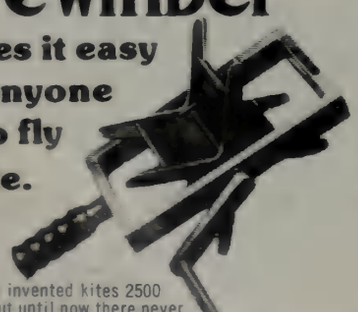

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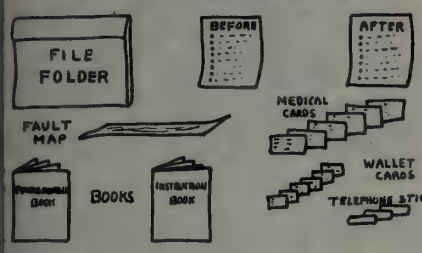

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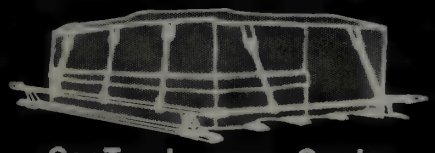

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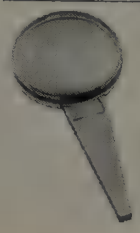

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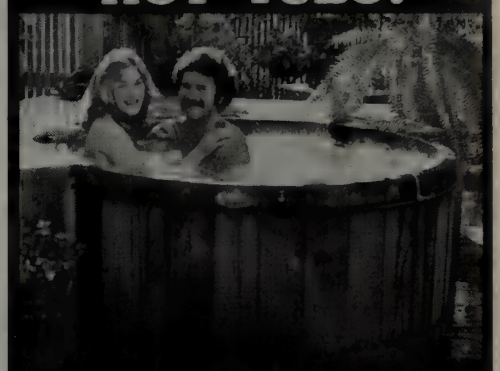

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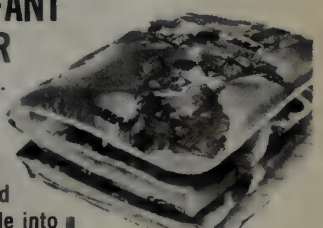

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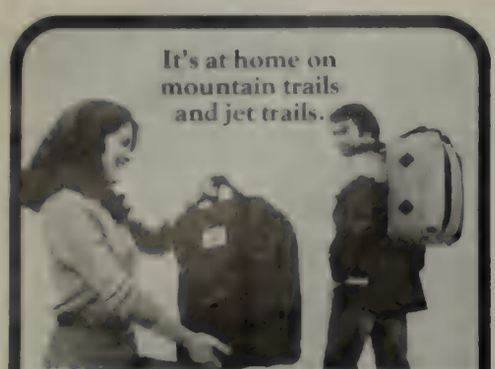

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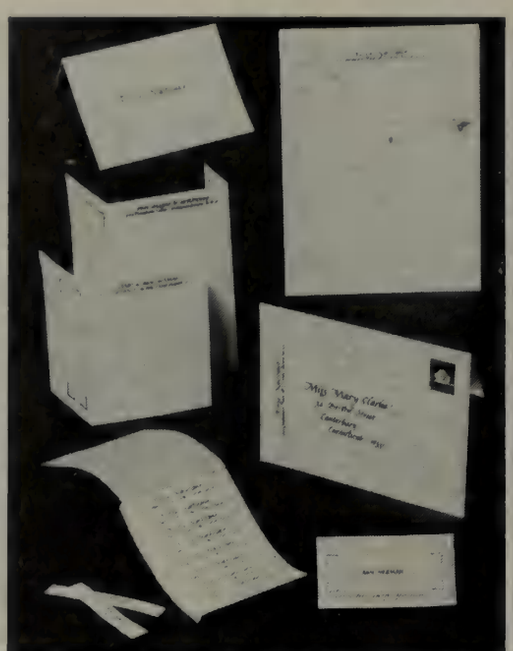

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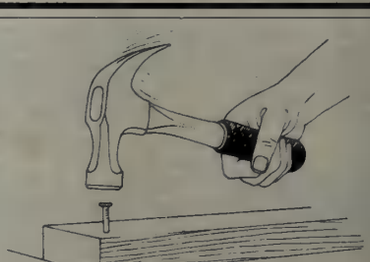

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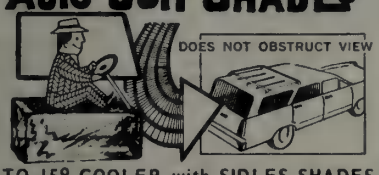

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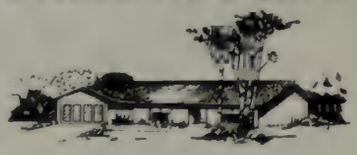

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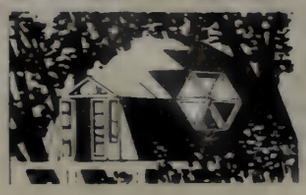

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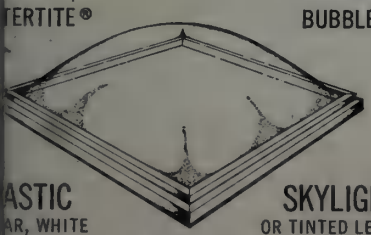

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LETTER FROM *Sunset*

Creating "the livable city"

In the last decade or so, we've seen and heard a great deal about effor to better manage our natural environment. In the same period, the We has made some notable—if little heralded—advances in coping with ou man-made world of structures and streets.

One leader—and source of help—has been the Architecture/Enviro mental Arts program of the National Endowment for the Arts. Over th past 10 years this independent federal agency has provided $14 millio in community grants to support innovative approaches to local desig and planning. Projects have included preservation and adaptive use o historic buildings, neighborhood conservation, development of urba recreation and open space, waterfront improvement, and enrichment o the street-level environment to encourage foot travel.

The program helps provide for planning and design expertise, no capital improvements. And it doesn't take the place of grassroots i volvement. The program furnishes generally small "seed" grants, typ cally between $10,000 and $50,000, to help imaginative concepts attra energy and support from local sources—to meet local needs.

There are several Western success stories. In Seattle, surplus Fort Law ton property, subject of bitter dispute, is now the site of a handson Indian cultural-education center built with resounding community su port; a grant to the United Indians of All Tribes helped focus th project and define the needs of the area's 16,500 Indians.

In Boise, citizens asked the State to delay destroying its historic pen tentiary while an Endowment-supported study explored alternative Today it survives as a thought-provoking penal museum surrounded b parkland; one historian says the study "gave our plans coherence an direction . . . it let us assess our assets and preserve them."

A grant to Santa Cruz, California, spurred a citizen-led effort to pr serve the town's exceptional concentration of Victorian houses.

In Denver, the Endowment helped fund the master plan for the Aurar Higher Education Center, a new three-college campus in the downtow urban renewal area.

This year, the Endowment has created a new grant category called "th livable city," to further bolster grassroots efforts ("city," under this pr gram, includes suburban and rural areas). Both local governments an nonprofit groups may apply. The next deadline is October 14.

The livable-city plan emphasizes "creativity, energy, and cooperativ spirit, in the public and private sectors, using design to work towar opportunities to improve communities." If you're involved in a neigh borhood or community project that may qualify, you can obtain detai and application information from the Architecture/Environmental Ar Program, National Endowment for the Arts, Washington, D.C. 2050

WINDOW ON THE WEST: *Victorian preserved*

"Victorian" is a broad term for many styles; this example in Santa Cruz, California, is called Second Empire. In the early 1960s, a successful fight to stop a freeway from slicing through a historic neighborhood provoked talk about long-term protection for the city's Victorians. A National Endowment grant set the stage: It underwrote a preservation plan, a historic building study, a home owners' renovation manual, and a walking-tour guide. Civic leaders responded with an ordinance to preserve the character of historic buildings; private renovation efforts have been an economic success.

August 1977

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Sunset

The Magazine of Western Living

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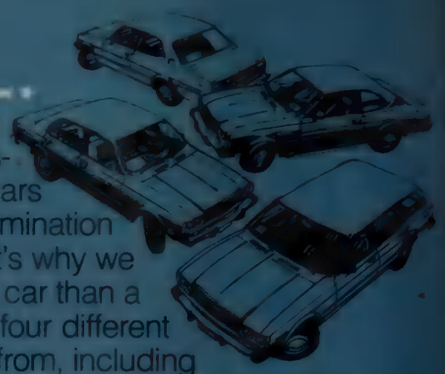

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Freshly made in a hand-cranked ice cream freezer, a coneful of raspberry frozen yogurt is both cool and low in calories. Our make-at-home version, studded with chunks of fruit, helps you temper August heat and use up summer's fruit harvest: The recipe on page 76 gives you a choice of seven fresh fruit flavors. Photograph by Glenn Christiansen

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August travel... in and beyond the West

EVE W. MARLEY

Yawning Pier 2 *at San Francisco's Fort Mason will be jammed with artists and their wares this month—you can browse or buy*

A cadre of artists and craftsmen invades San Francisco's Fort Mason

ome 250 artists from 10 Western states ill be showing off their skills and selling eir wares at Fort Mason during the econd annual Pacific States Crafts Fair, ugust 11 through 14.

t the fair you'll see ceramicists, glass lowers, and wood, textile, and metal tisans. There'll be food booths and ontinuous art-in-action demonstrations ach day. It all happens in Fort Mason's avernous Pier 2, a space so large that ven the biggest afternoon crowds at last ear's show didn't seem cramped.

o maintain high quality, jurors selected hibitors from over 600 entries. Prices st year seemed fair overall and bar-aining was acceptable to some dealers. There are more booths this year and bigger crowds are expected; come before 3 to have the most elbow room.

Admission for all is $1; hours are noon to 6 Thursday, 10 to 6 Friday through Sunday. Fort Mason's Pier 2 is at Marina Boulevard and Laguna Street. There's a free parking lot here but it fills quickly; check for more parking inside the fort's main entrance at Bay and Franklin streets. Or take Muni bus number 22, 30, or 47.

Summer trips by boat and bus from San Francisco to Point Reyes

Beginning this summer, you can travel to Point Reyes National Seashore—just

A wisp of wool *twists off the spinning wheel during one of many crafts demonstrations at this month's fair*

Pulleys and levers *put this innovative Jimminy Cricket into motion*

Puppet capital? It's Los Angeles

There may be as many as a hundred professional puppeteers in Los Angeles. (We tried to estimate the number of puppets but quit when we saw one collection of 2,000.) Calling on as many of them as possible was the often-amusing assignment of staff editor Peggy Bernal, pictured above.

One highlight was meeting a brand new Jimminy Cricket and his creator, Tony Urbano. Jimminy is a one-of-a-kind puppet, operated by pulleys, levers, and strings. If you're at Disneyland this summer, you'll recognize him as the only nonhuman in a new production of *Pinocchio*.

To read more about Southern California puppetry, turn to page 80. □

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Subscription Rates: To Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, and Wyoming—one year $8; two years $15; three years $21. To other states: $11 per year. All foreign: $11 per year plus $4.25 postage. Current copies (and back issues as available): $1.25 each postpaid. The Publisher, upon direct request from any subscriber, will cancel a subscription and make full refund for copies not yet mailed. No responsibility is assumed for unsolicited contributions. Manuscripts and inquiries are not acknowledged or returned unless accompanied by an addressed, stamped, return envelope. Printed in U.S.A. Copyright under International Copyright Convention. All rights reserved under Pan-American Copyright Convention. Copyright © 1977 by the Lane Publishing Co., Member of the Audit Bureau of Circulations. Sunset Magazine is published monthly in regional and special editions by the Lane Publishing Co., Menlo Park, California. Second class postage paid at Menlo Park and at additional mailing offices. Central Edition, August 1977, Vol. 159, No. 2 • Please send changes of address, subscription orders, and renewals to Sunset Magazine, Menlo Park, Calif. 94025.

40 miles up the coast from San Francisco—by ferry and bus for a single low fare on weekends and holidays. The trip takes about 2 hours each way.

You can buy the $1 ticket for the whole trip at San Francisco's ferry terminal (Pier 1, Embarcadero Boulevard). Ferries leave at 10, noon, and 3; at the Golden Gate Ferry Terminal in Larkspur, they connect with buses leaving at 11, 1, and 4 for the 45-minute ride to park headquarters near Olema.

Returning buses leave Point Reyes at 12, 3, and 4:50, to connect with ferries leaving Larkspur at 1, 4, and 6.

There's also an all-land approach for the same fare: Five times a day on weekends and holidays, buses leave the San Francisco Zoo, make several city stops, and head north to park headquarters. Earliest departure is 8:10 A.M.; latest return is 5:55 P.M.

To confirm times and stops on either run, call (415) 332-6600.

Opera in Reno . . . buy tickets now for December through July

In time for its 10th season, Reno's Nevada Opera Guild has at last become a member of the national OPERA America, a clearing-house for professional companies.

This young organization will present four works this season, and if you'll be visiting Reno this winter you might consider writing for tickets soon (last year their seating was filled to 90 percent capacity). The operas are: Mozart's *The Magic Flute* (December 2 and 3); Puccini's *La Tosca* (February 9 and 11); Verdi's *Il Trovatore* (April 27 and 29); and either Donizetti's *Don Pasquale* or Mozart's *Cosí fan tutte* in July (date undetermined).

Tickets go on sale this month for the 1,400-seat Pioneer Theater (100 S. Virginia Street); prices are $4, $6.50, and $9. Write to Nevada Opera Guild Box Office, Box 5548, Reno 89513, or telephone (702) 786-4046.

Japanese summer festival in Concord

The smell of shrimp tempura and the sound of taiko drums add up to a Japanese summer festival. You're invited to attend one in Concord (20 miles northeast of Oakland) on August 13 and 14.

Sponsored by the Japanese American Club, the free two-day fair celebrates its 20th year with an expanded activities schedule and more food booths. You can see kendo (a type of fencing), judo, Japanese dancing, brush painting, and flower-arranging demonstrations.

Festival location is the Japanese American Center at 3165 Treat Boulevard. Hours are 2 to 10 Saturday, noon to 10 Sunday; it's best to arrive before 5 to avoid the crush. Parking is allowed on

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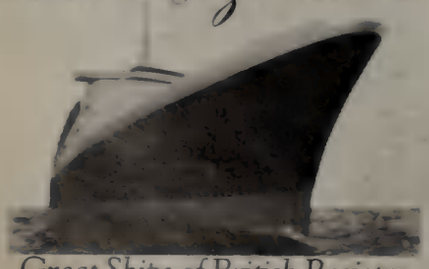

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BILL FALLKNER

Kellers Beach *at Richmond's new shoreline park offers a sandy strip for sunbathers and a sheltered little bay for swimmers*

both sides of Treat for these two days.

For bay watchers and bird watchers—a new Richmond shoreline park

A pocket-sized park has opened in San Francisco's East Bay area, offering biking, fishing, and bird-watching opportunities as well as some spectacular bayside scenery. The 171-acre George Miller, Jr. Regional Shoreline Park is in Richmond, just off U.S. Highway 17.

It has only 2 to 3 miles of paved walkway, but you can roam sheltered Kellers Beach for good swimming or shorebird watching (ducks, grebes, and an occasional sandpiper are often seen feeding in the mudflats when the tide is out). The windswept path is also a prime kite-flying spot.

Fishermen go after perch and some striped bass from the rocks. Here you'll also find picnic tables and benches. And from the park's high points you can see and photograph wide views of Mount Tamalpais or San Francisco's increasingly dramatic skyline.

There's no admission or parking fee for the day-use-only park. It's at the end of S. Garrard Boulevard; take State 17 to Richmond (it becomes Hoffman Boulevard), then turn left on S. Garrard. The beach area is just beyond the tunnel, the main parking area about 1,000 yards farther. □

For travel planners, an August check list

Cruise the West Coast. For a brief taste of shipboard life, you can take a four-day Prudential cruise between Los Angeles and Vancouver, with a one-day stop in San Francisco. Cost for the twice-monthly departures starts at $315. You might also consider taking Amtrak for your return trip—the one-way fare between Vancouver and Los Angeles begins at $87. Prudential also offers overnight cruises between Los Angeles and San Francisco for $150 to $200. For details, see a travel agent or write to Skyline Travel Service, 563 Granville St., Vancouver, B.C.

Health care for travelers. Membership in IAMAT, the International Association for Medical Assistance to Travelers, could be useful for those frequently traveling to foreign countries. There's no fee to join, but tax-deductible donations are accepted. The organization publishes immunization charts, world climate charts, and a directory listing centers in 450 cities in the world where English-speaking physicians can be contacted. To join, write to IAMAT, 350 Fifth Ave., Suite 5620, New York 10001.

Orient air/sea tour. Through November you can join 26-day tours departing San Francisco for visits to Tokyo, Kyoto, and Bangkok. You'll then board the *M.S. Rasa Sayang* for a nine-day cruise through the islands of Malaysia and Indonesia, stopping at Singapore and Bali. Several days in Hong Kong complete the tour. The $2,135 cost includes all lodging, cruise and air fare, and most meals. For details, contact a travel agent or Japan Air Lines.

Wine tour of France. Small receptions and private tastings under the guidance of a wine authority could greatly enhance your knowledge of viticulture on a 15-day motorcoach tour of France. The tour departs New York on October 3 and visits major French wine-producing areas before ending in Paris. The $1,663.50 cost includes round-trip air fare from New York, accommodations, and most meals. For details, write to Wine Tours International, Box 2536, Napa, Calif. 94558, or see your travel agent. □

What a travel agent can do for you: Provide information on tours; reserve space on air, rail, bus, and steamship lines; make hotel, ranch, and resort reservations; take care of trip planning, including side trips and special events. Travel agencies do not charge for arranging transportation or package tours, but do charge for "custom" tour service.

With Sony's new electronic digimatic clock radio, every second counts, but not out loud. Because the clock is electronic, with no moving parts, all you hear from it is the sound of silence. The FM/AM radio, on the other hand, with its big 3¾" speaker, gives you full, rich Sony sound, loud and clear.

The electronic clock numbers appear, of course, in lights which you can make brighter or dimmer as you see fit. There's an alarm light time display so you can see at any time exactly what time you're set to wake up. There's a switch you can pull to automatically zero in to the 0 second for perfect timing. And the entire clock radio is on an adjustable base so you can have the right angle at any angle.

There's even a new flashing power-failure indicator light. Plus all the accoutrements—snooze bar, 0-59 minute sleep-timer, 24-hour pre-set, earphone jack, FM external antenna—and a cabinet color choice of metallic gray or silver.

All in all, it's a time machine as up to the minute as you can get. *Model ICF-C600W Electronic Digimatic Clock Radio

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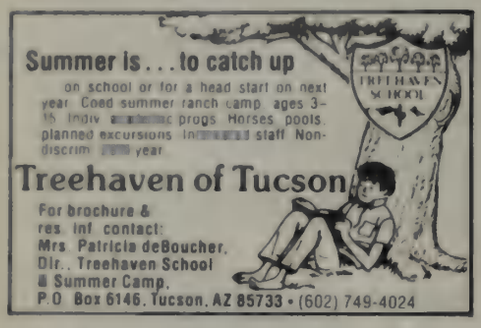
Sunset School & Camp Directory

Camps



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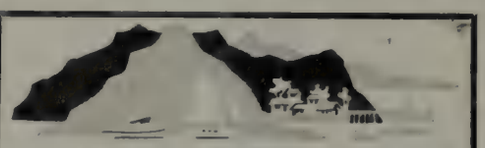
Schools



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Index of Directories

School and Camp Directory is the first of five Directories which appear regularly in each issue of SUNSET Magazine. The other four Directories are:

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GARDEN CENTER beginning page 159

WESTERN GROCERY DIRECTORY beginning page 126

SHOPPING CENTER beginning page 163

Sunset School & Camp Directory

Schools

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san pablo IN ARIZONA

school for young men 14 - 19

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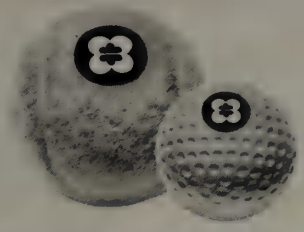
Hawaii



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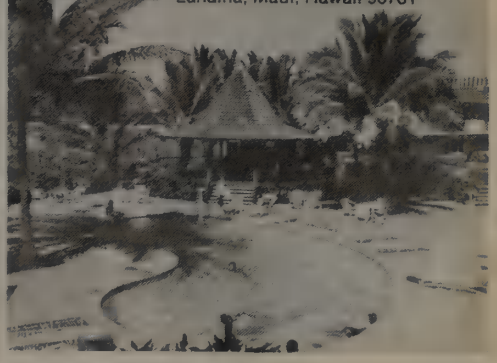

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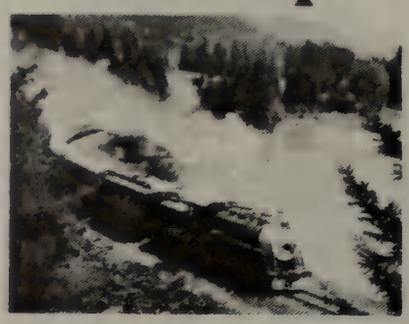

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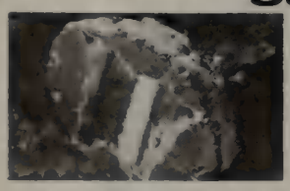

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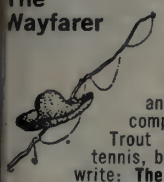

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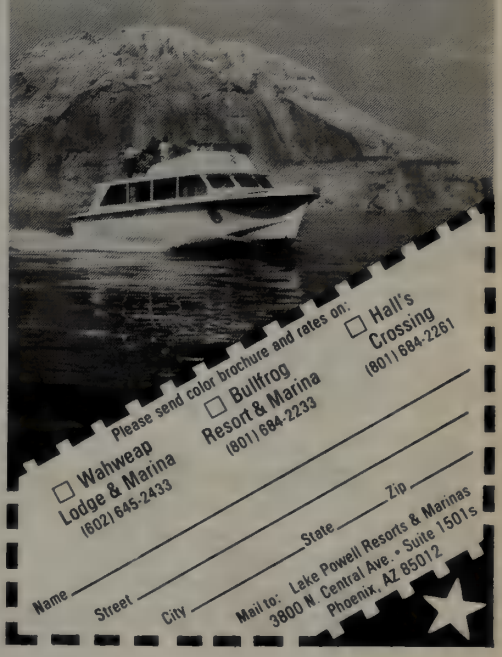

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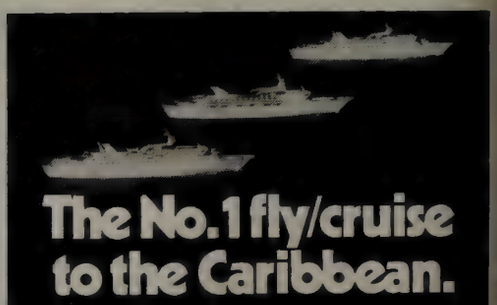

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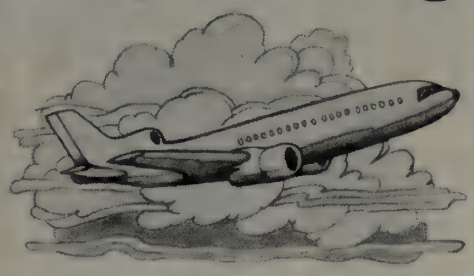

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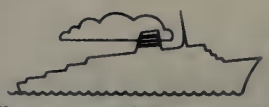

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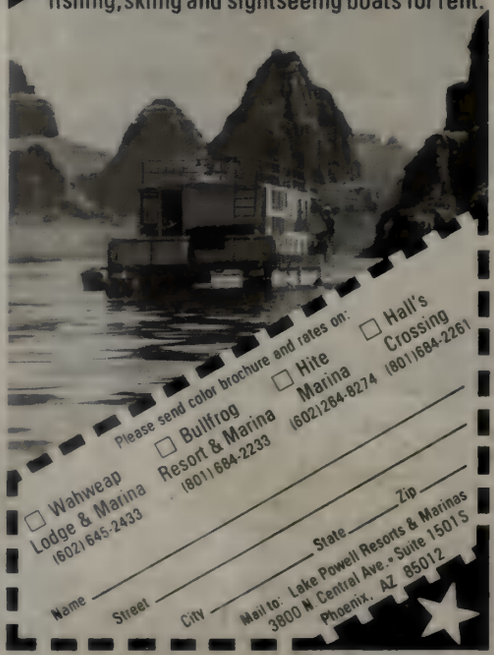

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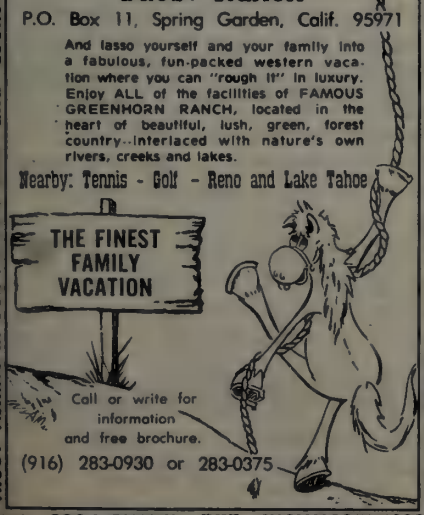

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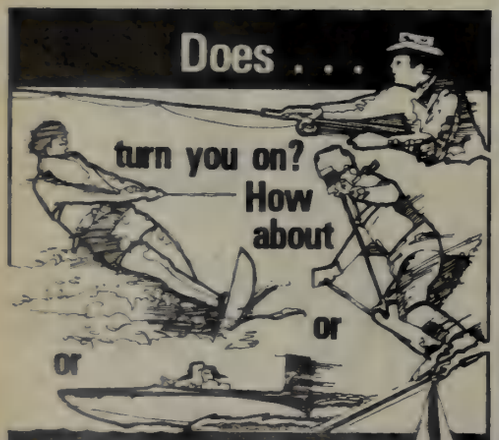

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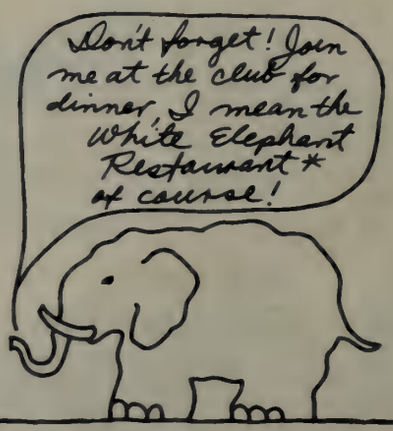

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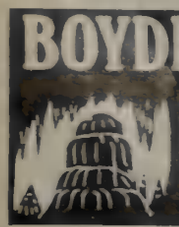

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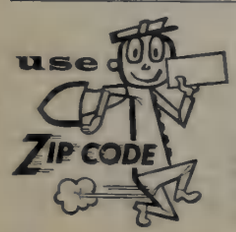

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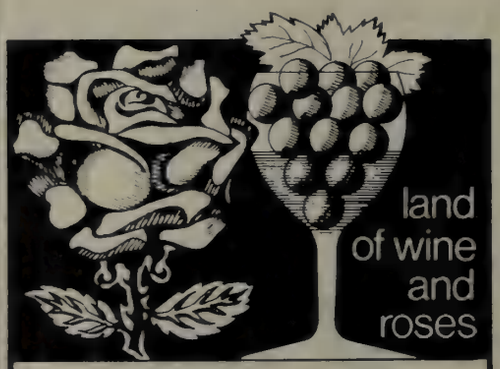

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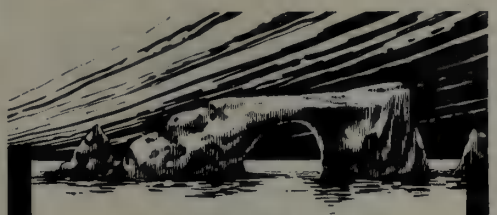

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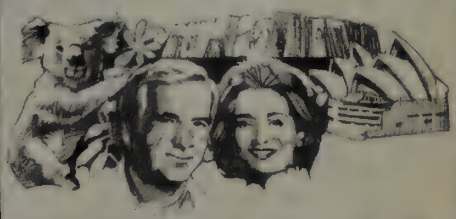

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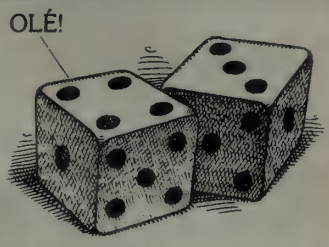

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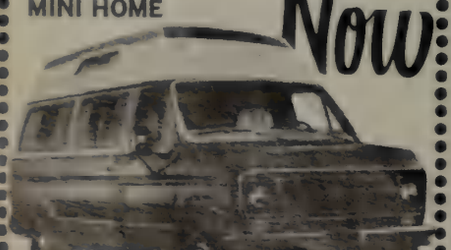

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How to get a nice red, white and blue feeling —and pocket a little green

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Hiking to see the golden trout

High on the eastern flank of the Sierra Nevada, the region now designated as the Golden Trout Wilderness Study Area has been the focus of quiet controversy for decades. Sandwiched between Sequoia National Park and U.S. Highway 395, this is prime backpacking, hiking and riding country. It is also the home of California's unique golden trout.

Brightly colored and averaging 5 to 6 inches in length, golden trout evolved here about 20,000 years ago. Now, some of the last genetically pure populations of golden trout are isloated in sections of two streams in the heart of the wilderness study area. Environmentalists want permanent wilderness status for the area to assure that the fragile habitat is not disturbed. Commercial interests want continued grazing rights and future access to timber and possible mineral resources.

Getting into golden trout country

Best access into the 160,000-acre wilderness study area is from Lone Pine on U.S. 395. From town, head west on the Whitney Portal Road almost 3 miles to Horseshoe Meadow Road, then turn left and go 20 miles up a partly paved, partly dirt road to Cottonwood Creek where there's an unimproved campground, a pack station, and trailheads into the backcountry.

From Cottonwood Creek two trail systems lead you either to Golden Trout Creek or to the South Fork of the Kern River—among the last habitats of pure golden trout. The north trail system is about 9 miles and takes you up Horseshoe Meadow, over Cottonwood Pass then down to the headwaters of Golden Trout Creek.

The south trail system is roughly 7 miles and goes over Trail Pass, then down through Bullfrog Meadow to the South Fork of the Kern. Two U.S.G.S. topographic maps—Olancha and Kern Peak—show both systems.

Fishing season ends November 16. Most anglers release their catch, but if you must keep golden trout, the limit is five and they can only be caught on a single barbless, artificial fly.

Why are the golden trout in danger?

Ironically, the situation was not created by pollution or any of the commercial activities usually blamed for habitat

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destruction. Rather, the golden trout a in jeopardy because of the good inte tions of cattlemen, sportsmen, and th State Department of Fish and Game.

It all started about 100 years ago wi an informal program (now illegal) "coffeepot" transplants. Cattlemen, wh camped near streams and fished both fo recreation and breakfast, stocked n merous lakes and streams by carryin young trout from camp to camp, oft in their coffeepots. Sportsmen broug in browns and rainbows the same way.

Unfortunately, cannibalistic brown preyed on young golden trout, while s ductive rainbows cross-bred with ther forming a hybrid.

After World War II, the Department Fish and Game released a couple pair beavers in the neighborhood, believin that their dams would create ponds an raise the water table, providing bett grazing for cattle. Unfortunately, th ponds also silted in many of the grav beds necessary for golden trout spaw ing and food production.

By about 10 years ago, the last know pure strains of golden trout in the upp South Fork of the Kern River, the Litt Kern River, and Golden Trout Cre were in grave danger.

The brown trout and beaver are out, but ORV's are still a threat

Recognizing the threat in time, the D partment of Fish and Game last ye eradicated the brown trout that we threatening the native goldens in th upper 6 miles of the South Fork of th Kern. This summer, work will contin on this and other streams. Beavers a being removed, and conditions for golden-trout comeback are improving.

Although the Forest Service is studyin the region as a potential wilderness ar and it is closed to off-road vehicles, th doesn't mean that the golden trout's fig for survival is over. Some critical are of habitat are still open to off-road v hicles and logging, activities that cau more erosion and stream siltation, th the beavers ever could.

What will Congress do?

Right now there is legislation befo Congress to create a Golden Trout Wil erness encompassing key watershe across the upper Kern Plateau.

One long-pending bill, S66, sponsor by Senator Alan Cranston of Californ would create a 240,000-acre wilderne An identical proposal is included in th Endangered American Wilderness A but during recent House committ hearings the size was increased 410,000 acres—a change that is su ported by most conservationists. Wri to your congressman for a copy of th bill and to express your opinion.

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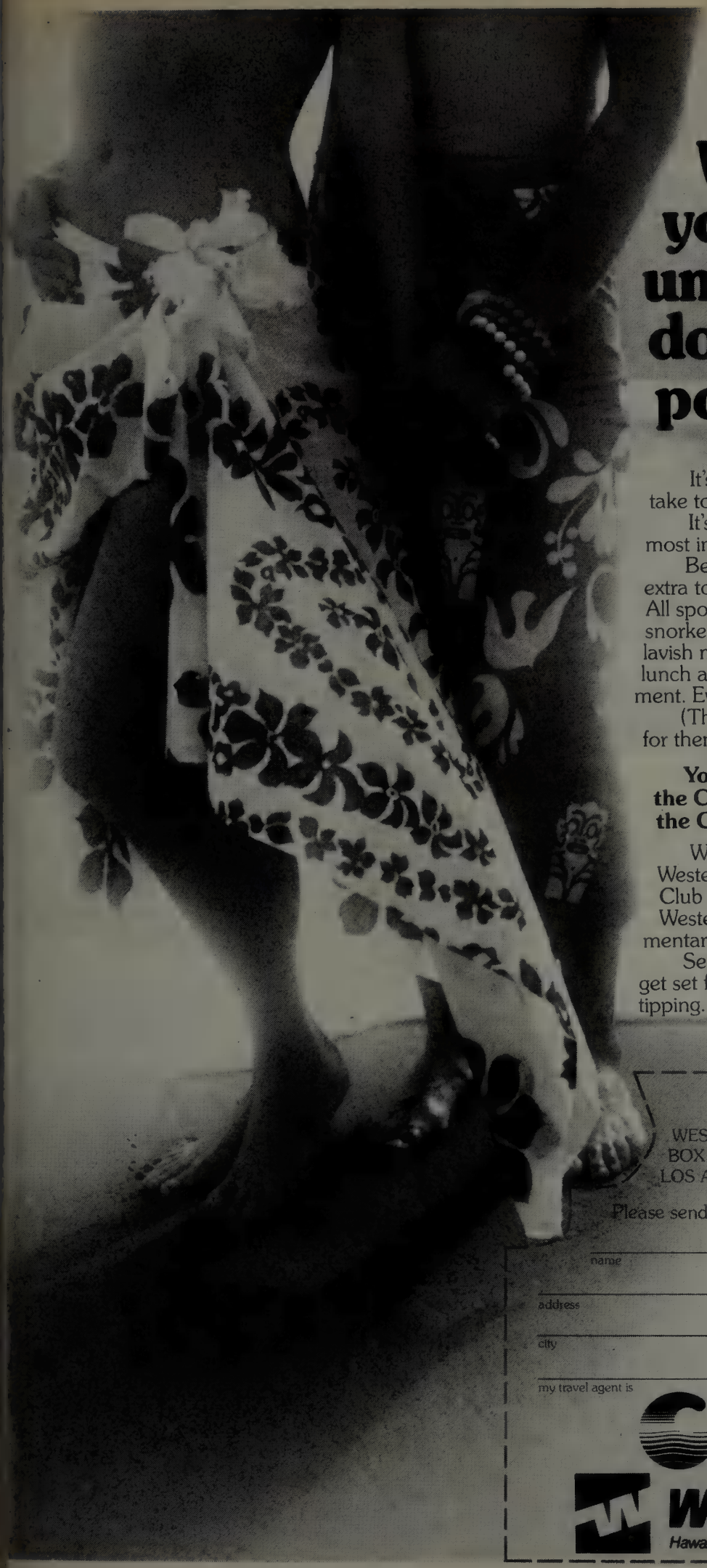

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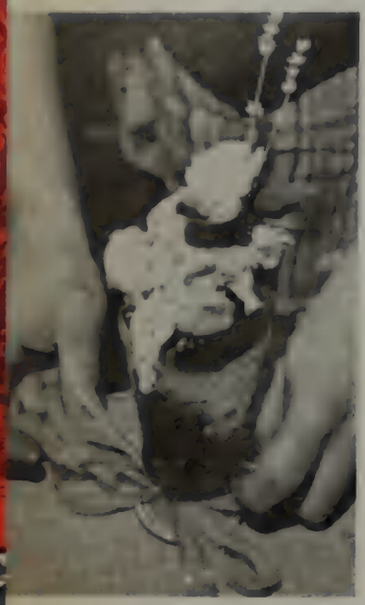
The old-fashioned pleasures of the ice cream parlor ... in the gold country



JERRY FRED

Blueberry sundae *trimmed with lavender, a cool marble counter, and a shady porch make Volcano's Jug and Rose a gold country oasis*

Summer can hang heavily over California's Mother Lode, and on some August afternoons even the most lovingly restored gold-rush relic may seem less appealing than an air-conditioned car. Luckily, the area is abundantly blessed with a substance to turn the hottest day agreeable: ice cream. And much of it is served in surroundings that may make you imagine Lola Montez—or at least Andy Hardy—sitting at the next table.

Here's a list (running south to north) of parlors, mostly along State Highway 49, that sell caloric but delicious concoctions (as well as more solid fare) in historic settings.

Jamestown. The Gold Country Ice Cream Parlor occupies a bright blue building at 18231 Main Street. Inside, you can read the names of all who have attempted the parlor's double banana split, and their times (the record is 3 minutes, 49 seconds). Hours: 10 to 9 Friday through Sunday; 10 to 5 other days except Monday.

Angels Camp. A stolid old bank at 1262 S. Main Street now holds 11 shops, including The Emporium Ice Creme Parlour. Today's monetary transactions only involve paying for sarsaparillas and sundaes, but evidence of The Emporium's original function remains in the woodwork taken from the tellers' booths, and a 7,000-pound vault door that leads to a bookstore. Hours: 10:30 to 10 daily.

Mokelumne Hill. Stricklands, on Main Street near the Hotel Leger, is a red-and-white candy box of a store. The walls are covered with bric-a-brac, the tables wear checkered cloths, and the chairs, like the shop itself, are tiny. Hours: 11 to 5 except Wednesday.

Jackson. At 134 Main Street stands Wright on Main. Festooned with hanging plants and antique advertisements, it looks like everyone's idea of an old-fashioned ice cream parlor—which indeed it has been since the turn of the century. Hours: 10 to 5 daily.

Volcano. This peaceful town (3 miles north of Pine Grove on State Highway 88, 12 miles east of Jackson) contains the extraordinary Jug and Rose Confectione You'll find jugs on its windowsills, and flowers on its tables and on the superbly imaginative sundaes. The "Moss Rose Sundae" floats in homemade rose-petal syrup; the Chinese-inspired "Sing Kee" u ginger marmalade and cashews.

The building, a restored 19th-century saloon on Main Street, is fully as attractive as the food. Hours: 9 to 5 on weekends (they serve Sunday brunch); 10 to 5 weekdays except Wednesday.

Placerville. In 1859 a Scots immigrant opened The John Pearson Soda Works in imposing stone building at 594 Main Stre The works closed in 1920, but after a half-century's rest they are again in fine form and hold such treasures as a Depression-era jukebox set to

Cones, *candy, children, and a comic-opera atmosphere are all part of Wright on Main, an ice cream shop in downtown Jackson*

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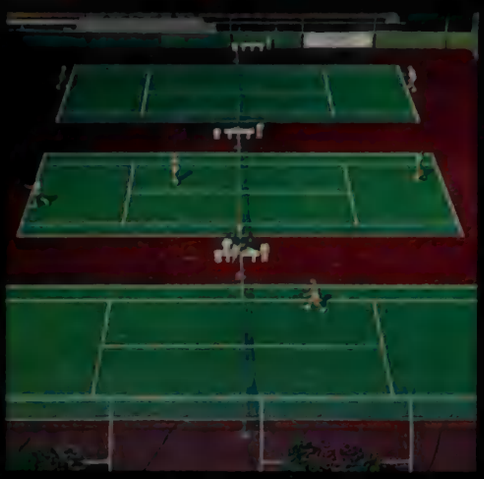

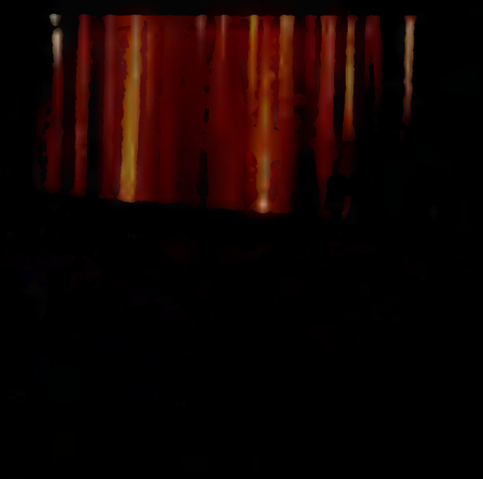

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We're famous for other things, too. Like the largest rooms in Waikiki. A beach, yacht harbor and two fresh water swimming pools. Seven distinct restaurants, putting green and shuffleboard. Traditional torch lighting ceremony and nightly Hawaiian entertainment. We've got everything you've come to expect from Western International Hotels.

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The ILIKAI's sister resort, the Wailea Beach Hotel on Maui, will be opening in Spring, 1978.

JERRY FREDRICK

Flag-waving sundaes *and carved mahogany woodwork at The Emporium, Angels Camp*

"Old Buttermilk Sky." The jukebox doesn't work, but the soda fountain does, from 11 to 8 weekdays, 11 to 9 weekends.

Coloma. The Sierra Nevada House III, right on State 49, is a replica of the first house, built in 1850. The ground-floor ice cream parlor boasts a buffalo head on the wall and a marble counter covered with jars of multicolored sprinkles for sundaes. Hours. 9 A.M. to 10 P.M. daily.

Auburn. The Auburn Drug Store, 815 Lincoln Way, has been a working drug store for the last 50 years. So the pleasures of its soda fountain must compete for your attention with the ancient wood cabinets and sharp clean smell peculiar to old pharmacies. Once you get to the fountain, you'll find a real Tiffany lamp (so they claim), a selection of phosphates and sodas, and perhaps, as we did, an Auburn resident telling her children: "I used to come here as a little girl. All the time."
Hours: 9 to 6 daily except Sunday.

Grass Valley. Located in the town's historical district, Fox's Gourmet at 155 Mill Street is quite modern inside; only the ice cream is old fashioned. The 20 flavors are homemade and very rich.
Hours: 9:30 to 5:30 daily except Sunday.

Nevada City. The Soda Saloon, in an 1854 building at the corner of Broad and N. Pine streets, has 25 flavors of soda, from cherry to peanut butter. It also serves a "Green River," a drink the owner remembers fondly from his days as a soda jerk in Pasadena.
Hours: 11 to 9 Friday and Saturday; 11 to 5 other days except Tuesday.

Dutch Flat. Like the town in which it lies, The Golden Scoop on Main Street is unpretentious and winning. Quilts hang on the walls, and the counter holds a rococo cash register from the vacant, extravagantly balconied hotel next door. Across the street stand a general store and Masonic and Oddfellows halls. All date from the 1850s, are still in use, and merit a look if you want to walk off your ice cream.
Hours: 11:30 to 7:30 Monday through Thursday; 11:30 to 9:30 Friday through Sunday. Dutch Flat is 10 miles northeast of Colfax off Interstate 80. □

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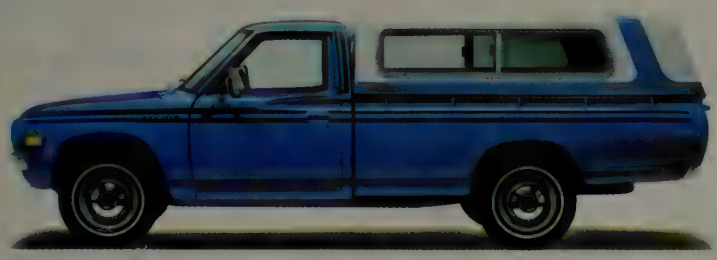
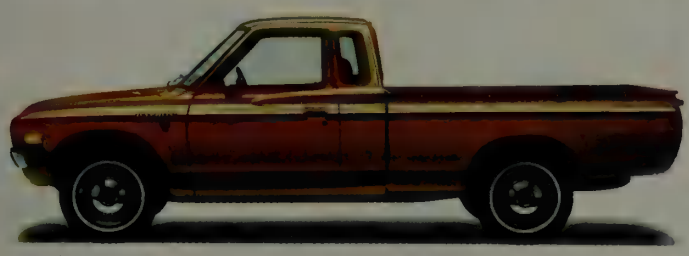


The stretch kind.



One of a kind.

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One other thing to keep in mind:

Even though we said some trucks are similar to Li'l Hustlers, Datsun builds pickups as if they had to last forever. Which is probably why Datsun is America's best selling small pickup.

So, if you're not fussy about what you get, you can get a small pickup anywhere. But if you are, your Datsun Dealer is where it's at.

Suddenly it's going to dawn on you.

DATSUN SAVES

FRANK JENSEN

A brassy band, *a lemonade stand, and an ornate opera house pieced together from old houses and auditoriums are all part of the scene at Salt Lake City's Pioneer Village*

Utah's past in Pioneer Village

If you're new to Pioneer Village historical amusement park, north of Salt Lake City, you'll probably notice the mountains first: The brown foothills of the Wasatch Range rise almost at your fingertips. Then you catch a glimpse of the village's gardens, which bloom with that luxuriant tidiness normally seen only in chamber of commerce brochures. Finally, you begin to take in Pioneer Village itself—more than 40 buildings that represent Utah's history. Many are refugees from dying towns of the 1800s.

They evoke a past that seems to have ended here the day before yesterday. The old West wasn't exactly like this but the combination of natural setting, painstaking restoration, and real attention to detail makes Pioneer Village a fine place to spend an August day for anyone interested in history—or in picnics or band concerts, or playing the role of innocent bystander in a mock Western shootout. And though it's part of Lagoon Amusement Park, the village charges no admission. (Rides, however, average about 40 cents, and there's a 75-cent parking fee.)

The village is a collection of buildings transplanted from all over Utah by The Sons of Utah Pioneers. Originally the collection stood on a lot in southeast Salt Lake City; it was moved to the present site in Farmington three years ago, and has since been expanded. One of the more interesting structures was once part of neighboring Lagoon: a spartan jail once used to coop up visitors who got too rambunctious.

Other sights—you can get a free guide to them at the Print Shop—include a working blacksmith's shop and a china store that displays Brigham Young's dinnerware. A tin-ceilinged pharmacy brought from Cairo, Illinois, holds both an old-fashioned soda fountain that sells ice cream, and bottles of disreputable remedies that thankfully are no longer for sale. At the dentist-surgeon's office the posted fees are low, but the foot-operated drill is all too terrifying.

An elegantly furnished home shows how the upper classes lived last century: very well. Nearby stands a rare two-story log cabin. At the Old Mill Country Kitchen you san sample—if you've ever wanted to—a buffalo burger (bison are no longer an endangered species).

You might also sample the superior collections that are a part of the village. Housed in an armory are as many deadly weapons as you'd care to see, from a 17th-century Saxon ax to a "Sharps Coffee Mill Carbine" used in the Civil War. The Ute Indian Museum holds petroglyphs and superb pottery. Pioneer tools, quilts, and carriages are also on view in various locations.

What with the exhibits, the shootouts that are staged several times daily, and an afternoon band concert to listen to, a day at Pioneer Village can be a full one—perhaps capped by an evening presentation at the Lagoon Opera House. *Mame* is the attraction from August 4 to September 3; for tickets and times, call (801) 364-7717.

Pioneer Village is open daily from 11 A.M. to approximately midnight. To reach it, take Interstate Highway 15 north from Salt Lake City 17 miles to the Lagoon Drive exit in Farmington. □

Full size poster version of this ad —only $2.95!

Now you can have this beautiful scene of Paradise in the Pacific for your den or office—or anywhere. It's a big two feet by three feet! Reproduced in full color on beautiful 80 lb. Lithofect . . . mailed in a tube to prevent damage. Send check, money order or cash. Allow three weeks for delivery. Coupon is for your convenience; however, you may use your own stationery.

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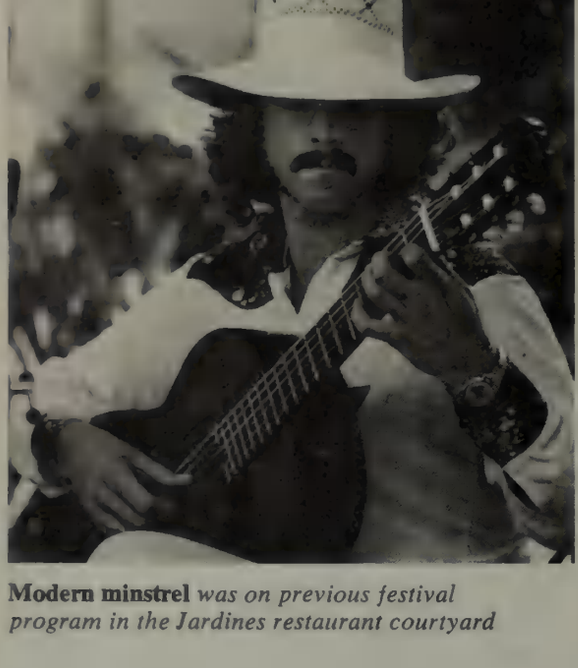
Call your travel agent and say Aloha.

Plaza Hotel, *once a stage coach stop, is now part of San Juan Bautista State Historic Park*



Modern minstrel *was on previous festival program in the Jardines restaurant courtyard*

Choir voices *fill the vaulted nave of northern California's 165-year-old mission church during Cabrillo Music Festival performances*

August is a good month to make the detour to San Juan Bautista

Flea market on August 7, music on August 28, the square and the mission any day you choose

Sunbaked, sleepy San Juan Bautista, wit its old mission, historic square, antiqu shops, and several good restaurants, is al ways worth a detour from U.S. Highwa 101 between San Jose and Salinas. Thi month, two annual events offer specia enticements: a flea market on August 7 and the grand finale of the Cabrill Music Festival later in the month.

During the flea market, six blocks alon Third and Mariposa streets will b closed to traffic and filled with 260 ex hibitors. This section of Third hold many of the town's antique shops; most like the booths, are open from 8 to 5.

There will also be a pancake breakfas on Third Street between 6 and 10 A.M. and a barbecue lunch in the missio olive grove at noon.

On Sunday, August 28, the Cabrillo Mu sic Festival ends an eight-day series i the Santa Cruz area with informal pro grams in San Juan Bautista. Music be gins at 1 P.M. in the Jardines de Sa Juan restaurant at 115 Third, then alter nates between the mission church an

JERRY FREDRICK

Hot loaves *of French bread get individual attention in the old-fashioned brick oven at Paradis Bakery on Third Street. Except for six days, it's been used daily for almost 40 years. Ask to have a look*

Beveled glass *frames shopper peering through antique-store window*

PETER O. WHITELEY

Shady park *behind Castro Adobe has old-time adobe oven and wheel grindstone, modern picnic facilities*

ne restaurant courtyard.

Highlight of the evening is the 6:30 concert in the mission church, combining ne College of San Mateo's Masterworks horale and the Music Festival Orchesra under the direction of Dennis Russell Davies. Erik Satie's *Gymnopedies* and ne premiere of Anthony Newman's *Orchestra Cycle 1* prelude the feature erformance of Beethoven's *Mass in Major.*

For a complete program and tickets for ll or part of the series, write to the estival office at 6500 Soquel Dr., Aptos, alif. 95003. San Juan Bautista tickets ust be ordered ahead: $3 for adults nd $1 for children for two afternoon erformances in the mission church, $6 er person for the evening concert (arive early to get a seat); the two jazz sets t the restaurant are free.

No matter when you visit San Juan Bausta, the old town offers a glimpse into entral California life of more than a entury ago. Restoration and structural ork on the church were completed last November; earthquake damage was shored up and the interior refurbished more as it may have looked when the Franciscan padres completed the building in 1812. The mission's history is well documented in a museum next to the church; it's open daily from about 9:30 to 5:30.

Other buildings around the Mission Plaza are all part of San Juan Bautista State Historic Park. An important stagecoach stop during the gold rush, the Plaza Hotel (originally a Spanish barracks built in 1814) was one of the finest hostelries between Monterey and San Francisco. The hotel is presently closed, undergoing a $1.2 million restoration by the state.

Other buildings of the era—the livery stable, Zanetta House Plaza Hall, and Castro-Breen Adobe—are around the plaza and can be part of a walking tour of the old town. Walking-tour leaflets are available at the park headquarters in the Castro Adobe; office hours are 10 A.M. to 5 P.M. daily. □

Artists put their colorful stamp on Santa Cruz

Bespectacled potter *spins pile of wet clay into a bowl while you watch —at Center Street Clayworks in new Santa Cruz Art Center*

Working under a canopy *of stained glass, artists at The Alley Studio can listen to jazz from the cafe just outsi*

The hills and beaches of Santa Cruz have attracted day tourists, pensioners, the regents of the University of California, and artists. The first three of these groups made their presence known quickly—in a beachside boardwalk, in tidy rows of Victorian bungalows, in a college campus built among the redwoods. But the artists traditionally have kept a lower profile.

All that has changed. In the last year artists have put their own vibrant stamp on the town. Now you can wander past sidewalk sculpture, buy the handmade plate on which your food is served at a gallery-cafe, and watch artists working in a splendid new art center.

Here's a guide to art activity in Santa Cruz. With one exception, all the attractions lie within a few blocks of The Pacific Garden Mall, an attraction itself. Park your car at one of the all-day lots (the black boxes on our map) or on weekends at the County Government Center at Water and Ocean streets—where you can catch a free shuttle bus to the mall (it runs every 20 minutes every day from 10 A.M. to 8 P.M.).

Totem II, a sculpture by Nancy Genn, stands in a cluster of trees at the head of The Pacific Garden Mall—itself a most artful work of city planning. Part Main Street and part circus, the mall remembers its architectural past without being insistently nostalgic about it, and art-conscious shops and restaurants flourish next to typical downtown stores.

At The Swan, 1538 Pacific, you can grab an inexpensive meal and admire a collection of paintings, all for sale. The bagels and coffee of Caffe Pergolesi, 1547 Pacific, are sometimes accompanied by art lectures—check the cafe for times and dates.

Down the mall a bit, a small kiosk dispenses tourist information from 10 to 4 daily. Nearby, at 1515 Pacific, Gary Dwyer's boxlike *Hypercube* stands in front of the Integrand Design Building. Inside this remodeled bank, *Seeded Figure,* a bronze nude by Nick Vidnovic huddles amid cookware and shopper and on Sundays from 1 to 4 listens to chamber music group that plays in th Ice Cream Bank Restaurant.

Locust Street contains two interestin restaurants. L'Oustalou (archaic Frenc for "inn") at 118 Locust displays art cre ated by the restaurant workers. Th Santa Cruz Hotel Bar and Grille, up stairs at 1003 Cedar—enter from Locus —has an opulent oak and stained glas interior; the violets in stained glass ove the bar are particularly reminiscent c summers past.

One block over from the Bar and Grille the Santa Cruz Public Library at 22 Church Street has a second-floor galler that displays the work of area artist Hours: 9 to 9 weekdays, 9 to 5 Satur day, 1 to 9 Sunday.

On the mall again, the Cooper Hous at 110 Cooper Street is a former court house that now harbors a hodgepodg of shops, restaurants—including a side

MICHAEL SPECTOR

It's your chance *to be judge and jury: The Courtroom Gallery at The Cooper House (once the county courthouse) exhibits works by area artists*

Seashell becomes drawing *at Agapao, Kristy Guy's gallery-studio in the Art Center*

Chat *with shopowners and a cigar store Indian at Old Sash Mill*

Enter *a world of surreal images by Eduardo Carrillo*

cafe that usually is the liveliest e downtown—and two galleries. Courtroom Gallery, on the second r, changes shows monthly; they've ed from sculpture to surfboards. Alley Studio, just outside the build- displays works-in-progress under a ted glass roof. Hours: 10 to 5 or 6.

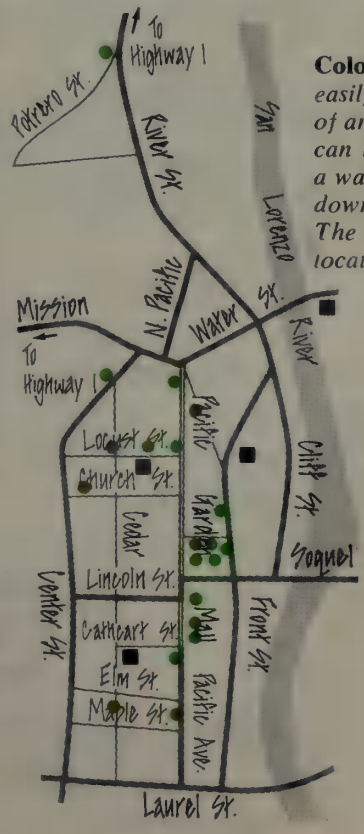
Cooper Street next to the Cooper se, the Octagon Museum may have n its shape from an eight-sided coin ted in the 1850s. Though it's offi- y the county museum, exhibits in- e art of the present and past. Hours: to 5 except Sunday.

kroom Graphics, 1362 Pacific, con- photographic galleries open Mon- through Thursday noon to 10 P.M., ay and Saturday to 6 P.M. A few s down you can turn left into The mar Arcade; midway through it a ch hallway is all but overwhelmed spectacularly disturbing mural by SC professor Eduardo Carrillo.

en you finish staring, continue through the arcade and turn left to The Basic Exchange, 703 Front Street. In the rear of this surplus goods store is the Santa Cruz Graphics Workshop, a small gallery that displays graphics from 10 to 5:30 Monday through Saturday. On Saturday from 10 to 4 you can watch the artists at work in their shop behind the gallery.

Four more mall ventures offer a variety of arts and crafts—from paintings to painted eggs.

At 1308 Pacific is the Artisans Cooperative, owned by about 25 artists—you'll probably see a couple of them behind the cash register. Hours: 9:30 to 5:30 daily, noon to 5 Sunday. The Criterion, 1110 Pacific, is run by two artists who often work on the premises. Hours: 10 to 5 daily. At 1013 Pacific (behind Crazy Horse Leathers), the Guild Gallery is open from 10 to 5:30 weekdays, noon to 5 Sundays. And outdoors between Elm and Maple streets sits the Open Market, where local arts and



Color dots *show how easily the centers of art activity can be reached in a walk through downtown Santa Cruz. The black squares locate parking lots*

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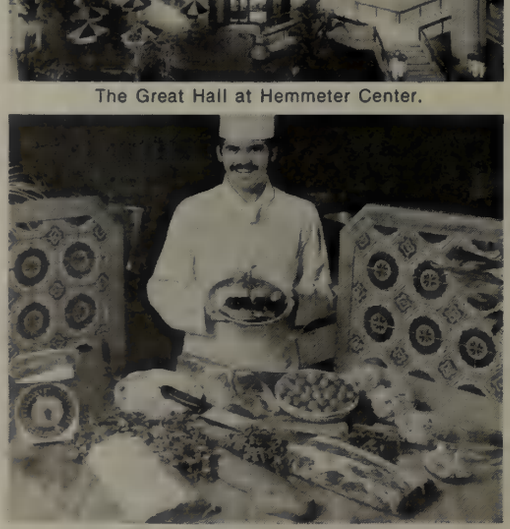
The Great Hall at Hemmeter Center.



The Colony — a Steak House.

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crafts are sold Friday and Saturda from 10 to 5.

One block away, The Cedar Street Ga lery at 411 Cedar Street opened th June in a superb Italianate Gothic hous that dates from the 1860s. Shows i clude the work of Jack Zajac, Hard Hanson, Patrick Aherne, and other Cal fornia and national artists. Outside, th Cedar Street Cafe offers soups and sa ads served on dinnerware made and sol by the owners. Hours: 10 to 6 · excep Mondays.

Now you can walk back up the mall o up Cedar to the Santa Cruz Art Cente Formerly a warehouse, the Center, 1001 Center Street (near Cedar), wa purchased by a businessman with a con cern for art. His artist-tenants remod eled the building themselves to provid airy studios, shops, and galleries. At th Santa Cruz Weaver's Supply you can se a loom or spinning wheel demonstrated and maybe meet a green parrot wh perches among the yarns and fibers.

The Center Street Clayworks is cooper tively run by six potters; watch ther form mounds of clay into the finishe pieces they sell. Other spaces hold pain ers, jewelers, quilt makers, two gallerie and a restaurant. Hours: 10 to Wednesday through Sunday.

From here you can return to your car o take a 10-minute walk to The Old Sas Mill. Either way, go north on N. Pacific left on River Street, then left on Potrero on your way notice the newly restore town clock at Pacific and Water.

The Old Sash Mill at 303 Potrero is low-key collection of redwood building where window sashes were once made Now shops and artists studios offe jewelry, iron work, and crazy cerami creatures; there's also a restaurant and theater. Each shop has its own loos hours, but they tend to be open fro 10:30 to 5:30, closed Tuesday.

Dazzling orange box *with a view, "Hypercube" attracts mall strollers*

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JERRY FREDRICK

She's sampling a slice *of a fresh-picked 'Granny Smith' apple (about 10 cents a pound) at Ron Nunn Farms*

Walnuts in their shells *tumble through basket washer, get sorted on the conveyor, and drop into drying bin. They cost about 40 cents a pound at Stonebarger & So*

Second planting *of strawberries is ready for picking th month for 25 cents a pound at Three Nunns Berry Far*

Brentwood, *center of the farming area, lies on State Highway 4 between interstate routes 680 and 5*

Produce treasures around Contra Costa's Brentwood. Write for a free map. You often can go picking

Just east of the San Francisco Bay Area lies the market-basket country of Contra Costa County. Farmers here share enough of the Central Valley climate to grow hot-weather crops like okra and black-eyed peas, plus a vast variety of other vegetables and fruits.

You'll find their produce stands on roads crisscrossing orchards and fields; some invite you to do your own picking. Farmers around the town of Brentwood have joined to put out a map-guide of their area. Its lists 23 farms within a few square miles, their crops, seasons, hours, addresses, telephone numbers. You can get a free copy by writing to Harvest Time, Box O, Brentwood, Calif. 94513.

August's wide selection and low prices make it a good time to produce-shop, whether you're stocking up for dinner or for quantities to preserve. You'll find peaches, nectarines, and figs now; apples and pears show up about midmonth. Fields are yielding black-eyed peas, corn, green beans, okra, squash, strawberries, tomatoes. Wine grapes are available in fall. Year-round you can buy local honey, walnuts, almonds, and dried fruits. Bring your own containers and come early in the morning when it's cooler. □

Dried fruit mix—*peaches, apricots, apples, pears, prunes—sells for about $1.30 a pound at Slatten Ranch*

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TED MAHR

Old and new *merge well. Tour stop at Bank of California will show how it was achieved*

Architectural walk in San Francisco

A walk along San Francisco's California Street with the right guide can reveal some fascinating architectural and historical secrets and open up doors to you that are normally closed.

For the past few years—on the heels of *Sunset's* feature on the Golden Gateway in 1973—annual architect-led walking tours have explored San Francisco's hidden spaces. This year's tour, on August 21, will show you the 70-year evolution of California Street:

You begin with a slide show at Grace Cathedral, then work past Huntington Park and St. Mary's Square down Nob Hill into the financial district. One highlight: a behind-the-scenes tour of the Bank of California headquarters (above). You can visit the normally out-of-bounds boardroom and executive suite on the upper floors, and learn about the careful planning that merged the high-rise tower with the classic old 1907 banking house beside it.

Tours begin every half-hour from 12:30 to 3 P.M. Prepaid reservations are required; send a $4 check along with your name, address, telephone number, and preferred starting time to the Northern California Chapter, AIA, 254 Sutter St., San Francisco 94108. Children under 12 can come along free. Your reservation must be postmarked no later than August 15; after that, telephone (415) 362-7397.

Tours meet at Gresham Hall at Grace Cathedral, on California between Jones and Taylor streets. You'll be on foot for 2 hours, so wear comfortable shoes.

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Bring your family in for a fitting.

Is your family a crowd? Complete with kids, pets, luggage and endless awkward objects that need moving? Have we got an answer for you! It's the new 1977 Volkswagen Bus. When it comes to moving your family and trappings from here to there at low cost, there's nothing like the Bus.

You see, the VW Bus is not only lots bigger inside than a mere sedan, it even gives you almost 70 percent more interior room than a full-size domestic station wagon. The Bus is almost van-size inside, but comfortable and beautifully finished. Comfort to us is not an option.

The VW Bus is versatile with its space, too. For instance, if you want to do some really serious hauling, that big sliding door makes loading easy. And the rear seat folds down to give you extra cargo space.

Yet for all its carrying capacity, the '77 Bus is pure Volkswagen when it comes to economy.

It gets an estimated 28 mpg on the highway, and 18 mpg in the city with standard transmission in the 1977 EPA tests. (Of course, your actual mileage may vary, depending on your driving habits, the condition of your Bus, and whether you choose optional equipment such as an automatic transmission.)

That's what makes the VW Bus such a great choice. No other vehicle carries so much family for so little.

But that's still not all, by a long shot. Besides its practicality and its economy, the VW Bus is a lot of fun to own. And to drive. It has a spirited 2-liter engine with electronic fuel injection and independent suspension on all four wheels. And the '77 VW Bus comes equipped with radial tires.

So bring your family in to your Volkswagen Dealer for a fitting soon.

We think you'll find that on you, the Bus will look good.

Take the Bus.
The '77 VW Bus.

The Oakland Museum (1 *on map*). *Tour starts and ends at 10th and Oak in forecourt where you'll see Beniamino Bufano's Nursing Cubs*

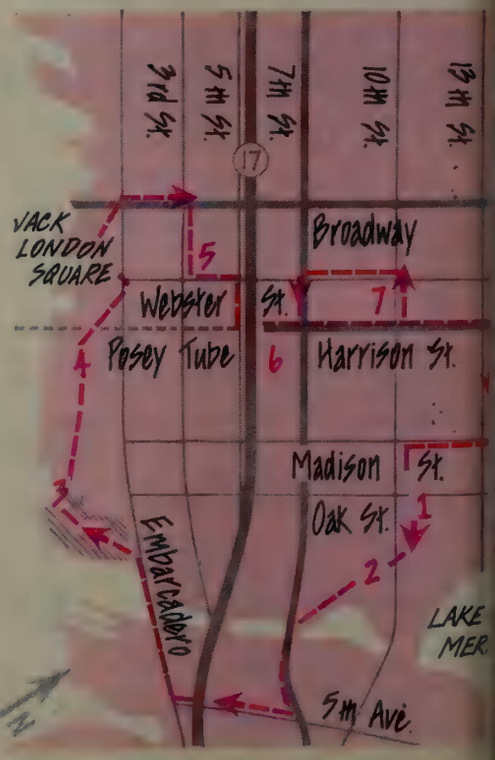
Laney College (2). *Wide ramps, empty of students on weekends, take bikers past carpentry-class projects on the 65-acre campus*

Produce market (5). *Sunday afternoon brings first fruit and vegetable deliveries for new week. Sidewalk will be choked with more stacks as Monday morning approaches*

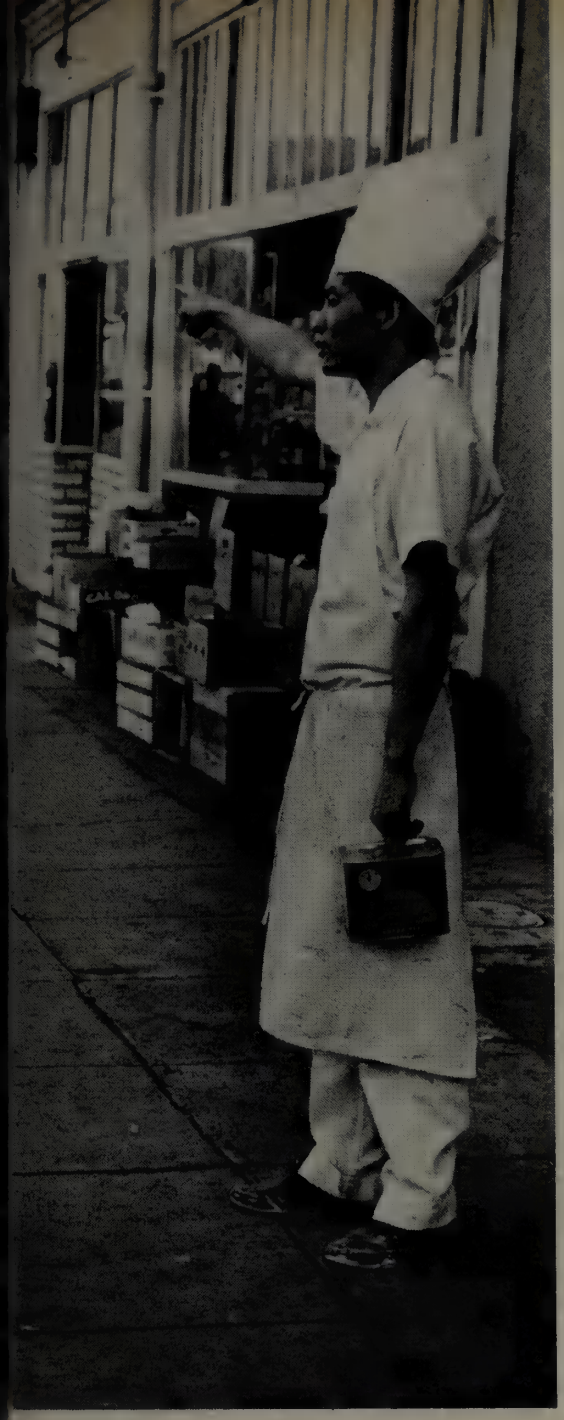
MICHAEL SPECTOR

Oakland bike loop

Museum to estuary and back... with few autos on Sunday



Four-mile route *takes bikers through diverse city environment; numbers are keyed to photographs of sites along the way*



Chinatown (7). *Oakland's Chinese district is less congested than San Francisco counterpart. Stop here for a snack or meal. The grocers are open on Sundays*

Estuary Park (3). *Graveled bikeway puts you as close to as great a variety of ships as anywhere in the Bay Area. Alameda is on the other side*

Harrison Railroad Park (6). *Its railway career over, Pacific-type steam locomotive makes a spendid climbing structure*

Jack London Village (4). *There's plenty to do in this maritime re-creation of shops and restaurants, but there are no racks, so bikes accompany your ramble*

rom wheeling through a college campus clambering over a steam engine, ere's much to see and do on this Sun- ıy bicycle tour in Oakland—on the ead-level land bridge between Lake erritt and the Oakland Estuary.

'e say *Sunday* because that's when traf- is at its quietest. You'll need to be pecially alert for cars only at the foot Harrison where the Posey Tube from lameda surfaces.

o cyclist's marathon, the route covers ss than 4 miles. It starts and ends at he Oakland Museum, where you can ıy *A Cyclist's Guide to Oakland His- ry*, by Camille Olmsted, for $1.50. his little book details city history along e route mapped here, plus two others.

visit to the museum, before or after king, could easily make it a day's out- ing; there are bike racks. You could also picnic on the grassy courtyard. (The museum is open 10 to 6 Sundays; admission is 25 cents per gallery.)

You leave city streets along the Estuary. From Estuary Park, proceed between the water and the Portobello complex, through the Rusty Scupper parking lot, and follow the path close to the water to Jack London Village. On the other side of the Village a fence will force you to detour through a parking lot before turning back to the water. Continue through a mall and then back on the street in Jack London Square for an additional block before turning right towards Broadway.

The bike tour takes you through the city's core area in transition.

Some of it is unchanged: The musty old produce district bears the marks of hard use that form a patina of considerable charm. Some of it is recent: a community college and improved access to the estuary. But much appears stalled: buildings neglected or razed as investors hesitate to proceed.

There are no bikes for rent nor any bike-repair shops along the route, so bring along emergency repair equipment. □

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Los Angeles . . . th other airports

Frequent air travelers have discov the advantages of using the four sm airports around Los Angeles, avoi busy and sometimes overwhelming Angeles International. Although number of flights to places outsid California is limited from these airp there are many choices for flights w the state.

The major appeal of the outer airpo their smaller scale—distances betw parking, terminal, and airplane shorter. All four have restaurants, rental agencies, taxis, public transit limousine service to Los Angeles other nearby communities.

Sometimes you can also use these ports to avoid rush-hour highway tra Residents of Arcadia, for exam might choose to fly from the Ont Airport on a weekday morning so a drive to the airport against traffic. turning Long Beach residents m choose to fly into the Orange Co Airport on a weekday afternoon to d home against the usually heavy bound Los Angeles traffic.

Here is information to help you these four airports. Destinations li are for nonstop or one-stop flights w out plane changes; commuter within Southern California are not cluded.

Hollywood-Burbank Airport, 2627 N. Hollywood Way, Burbank; access is fro the Hollywood (State 170) or Golden St (I-5) freeway. Airlines: Continental, Hughes Airwest, PSA. Destinations: Boise, Denver, Las Vegas, Phoenix, Portland, Sacramento, Salt Lake City, S Francisco Bay Area, Seattle/Tacoma, South Lake Tahoe.

Long Beach Airport, 4100 Donald Doug Drive; access from the San Diego (I-405), San Gabriel River (I-605), Artes (State 91), or Long Beach (State 7) freeway. Airline: PSA. Destinations: Sacramento, San Francisco Bay Area.

Ontario International Airport, south of Holt Boulevard; access from the San Bernardino (I-10) or Pomona (State 60) freeway. Airlines: Air California, American, Continental, Hughes Airwest PSA, TWA, United, Western. Destinations: Chicago, Dallas/Fort Wor Denver, Honolulu, Kansas City, Las Ve Minneapolis/St. Paul, Phoenix, Portland Reno, Sacramento, Salt Lake City, San Francisco Bay Area, Seattle/Tacoma, St. Louis.

Orange County Airport, 19051 Airport Way N., off MacArthur Boulevard, Sant Ana; access from the San Diego or Newport (State 55) freeway. Airlines: Ai California, Hughes Airwest. Destinatio Denver, Las Vegas, Phoenix, Reno, Sacramento, Salt Lake City, San Francis Bay Area, Spokane, Tucson.

SUN

This year, celebrate Christmas in the South Pacific summertime, on your way to Tahiti.

f you are dreaming of a warm hristmas, come sail with us to Mexico, ahiti and Hawaii this year.

Instead of grey skies and cold vinds, you will experience pleasant varmth and good cheer. The warm lays and languid nights when it's ummertime in the South Pacific, and he good cheer we Norwegians bring o a holiday celebration at sea.

This marvelous Christmas & New Year cruise sails round trip from San rancisco/Los Angeles December 16/17. and, in 32 easy-going days, takes you o Mazatlan and Acapulco on the Mexican Riviera. To the unforgettable outh Pacific islands of Nukuhiva, Bora Bora, Moorea and Tahiti. And then n to two of the most popular ports f call in Hawaii: Honolulu and Lahaina.

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World Class. It's a level of elegance, comfort and spaciousness that's a class above First Class.

For instance, other ships her size carry 700 or more passengers; the Royal Viking Sky carries 500. All double cabins are outside, with a view. Both the main lounge and the dining room are set high on an upper deck, and walled with windows, to bring all the spectacular scenery right to your table. And the dining room itself is large enough to serve everyone at a single, relaxed seating.

The plentiful menu boasts a wide variety of fine cuisine, from prime Kansas City steaks to Continental favorites. As well as local specialties our chefs provision along the way.

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We also have two other cruises during the Christmas & New Year season: a 13-day Mexico cruise from California, and a 28-day Caribbean/Rio cruise from Ft. Lauderdale. For complete information and reservations, see a travel agent, whose advice is not only priceless—it's free. Or call us at 800-227-4246, toll-free. (In California, call 800-792-2970. In Canada, call 415-398-8000, collect.) Or write: Royal Viking Line, Dept. G-79, One Embarcadero Center, San Francisco, CA 94111.

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Will this window blind ever be faked successfully?

The blind is the most functional of all window coverings. But it took the Riviera to prove, in thousands of homes, it could also be discreetly slim and beautiful.

Then came the knock-offs, as they're called in the trade. The fake blinds that looked like Rivieras but weren't built like Rivieras.

Today the counterfeits are so widespread, we feel compelled to tell you how to spot them. Of course, this also gives us the opportunity to emphasize three of the many Riviera points of superiority, and may even discourage the counterfeiters.

1. Slats less than 1" wide can be copied. But the copies don't come in more than 100 lead free colors like the Riviera. Many of these are available with a neutral white on the outside.

2. The Riviera's installation brackets feature a unique safety-hinged latching so even an energetic youngster simply will not be able to pull the blind down.

3. The patented Guardian Tilter and the other moving parts in the head of the Riviera are guaranteed for the life of the blind.

We seriously doubt whether there will ever be a completely successful imitation of the Riviera. That would require a manufacturing philosophy like Levolor's: quality before all else. And that isn't the way counterfeiters think about their business.

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Airy tree ferns *shade nursery visitors as well as tropical plants*

In Hilo, tropical plant discovery

The heart of a tropical plant fancier i likely to beat faster in Hilo. Here, on th Big Island of Hawaii, you'll find greater concentration of nurseries tha anywhere else in the Islands—almost dozen welcome visitors. Even if your in terest is casual, a look at the variety o exotic orchids and anthuriums at the nur series—and at colorful Nani Mau bo tanical gardens—can be rewarding.

Nani Mau is a 14-acre collection o plants including more than a hundre types of tropical fruit and several hun dred flowering species. Visitors ca wander through the gardens alone o with a guide; you're encouraged to smel and touch the plants. Admission is $2 for adults, $1 for youngsters under 12 Nani Mau is on Makalika Street, tw blocks off Highway 11 and a mile sout of town; hours are 8 to 5 daily.

At some Hilo nurseries you'll be able t see a variety of delicate tropical plant that aren't successfully raised on the Mainland. You can talk to the nursery men, ask questions, and maybe arrange to buy some of the hardier varieties. (Be certain your purchases are properly packaged and certified for export to the Mainland or they'll be confiscated by airport agricultural inspectors.)

Some nurseries, such as Orchids of Hawaii (575 Hinano Street), offer free guided tours and show you how flowe leis are made. Others, such as Hawaii Mountain Orchids (Panaewa Forest off Highway 11; cattleya and cymbidium specialists) have self-guiding tours.

For information on nurseries you can currently visit in the Hilo area, write to Hawaii Visitors Bureau, Suite 104, Hilo Plaza, 180 Kinoole St., Hilo 96720. □

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How to find the great camping spots in the West

Finding the right spot means everything when you head outdoors. It can assure you a *great* experience instead of disappointment.

Sunset's new 1977 *Western Campsite Directory,* completely revised and updated, helps you plan the best possible trip. It pinpoints 6,000 campgrounds and RV parks on locator maps, tells all about facilities, fees, attractions, the surrounding country, and boating waters. It gives you phone numbers and mail addresses where reservations are taken.

NEW FOR '77—DISCOVERY TRIPS

A major feature in this new edition gives you ideas and directions for dozens of great discovery trips you can take in the Western states, British Columbia and Mexico—Baja for backpacking, rockhounding, boating, and sightseeing.

It also has a big section on camp food ideas, and provides you with a whole raft of information on backpacks, snow camping, wilderness permits, hunting and fishing regulations, and much more.

You'll find *Campsites* at most bookstores, sporting goods departments, and trailer supply stores in the West. Or if you want us to mail it to your home, send your check in the amount of $3.95 plus 55¢ for postage and handling, total $4.50. *California residents add 24¢ tax.* Mail to: *Campsites,* Lane Publishing Co., 80 Willow Rd., Menlo Park, CA 94025.

STAVER AND SCOTT

Compact *free bus passes Larimer Square. Two loop routes from here take you to the civic center or State Capitol*

Downtown Denver by free bus

While Denver's downtown is compact and quite walkable, principal points of interest are a bit widespread. And the limited parking can make short stops difficult.

Here's a solution: a free shuttle bus service—DART, for downtown area runabout—that loops past all the points likely to fill a day of touring or shopping. Jointly sponsored by the Regional Transportation District and Downtown Denver, Inc., the service travels the following four routes (you can catch the shuttles only at marked bus stops):

Sakura Square. From the square through the high-rise business district, with a side loop past major government buildings.

City and County. From Larimer Square historic district to the mint, Denver Art Museum, hotels, and shopping areas.

State Capitol. From Larimer Square through the downtown center to the State Capitol complex.

Auraria. From the civic center (Colfax at Broadway) to the new three-campus Auraria Higher Education Center. You may find the developing campus worth exploring.

Buses run from 9 to 4:30 daily except Sundays and holidays (the Auraria bus doesn't run on Saturdays). Departures are frequent: 38 trips a day on each of the two busy routes past Larimer Square. Route maps should be available on board each bus; call 778-6000 for additional information. □

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Haul it all. Seat 5—and still take more gear and goods than any station wagon. Seats for 8 or 12 optional.

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Wasabröd is light, crisp and made from whole grain rye. It's 100% natural. And it snaps up the taste of any sandwich.

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Wasabröd is a natural with beef, cheese, salad—or just lightly buttered. It's a bread that's good for you. And great for the taste of the foods you eat.

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DOUG WILSON

They're not *at the shore, just passing wall-size photograph of the Oregon coast*

Portland's airport ...Oregon showcase

After three years of renovation, Portland International Airport has a new look: It's now a handsome showcase for Oregon products and scenery. If you're flying into or through this Northwest city, you might want to allow some time for a look.

The remodeled terminal is a great introduction to the state, but even local residents should find the colorful graphics impressive. Floor-to-ceiling photo-murals reproduce coast, mountain, and city scenes. Banners illustrate the state's major industries.

Native wood paneling—especially Western red cedar—was used generously, and 20,000 square yards of carpet (uncommon luxury in an airport) incorporate a distinctive "portmark." Scores of oak planters show off favorite Northwest indoor plants.

For a rest you can try out the comfortable upholstered and wood furniture, arranged in conversation groups, which has replaced the rows of aluminum and plastic seats common in other airports. Suspended fabric panels with colorful wildflower designs divide the spaces.

At the "Made in Oregon" shop you'll find wines from a half-dozen western Oregon wineries; honey from the town of Sandy; nuts from the Willamette Valley; thunder eggs (unique nodule deposits) from Bend; cheeses, myrtlewood, and canned salmon from the coast; and scores of other native products.

At Norm Thompson's, a well-known local outfitter, you can buy a warm wool hat, examine the fishing knives, and browse through racks of men's and women's outdoor clothing.

The airport is 8½ miles northeast of downtown; take Interstate 80N and N.E. 82nd Avenue to Airport Way. □

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NEIL TIPPIE

Tour guide *pauses inside Buddhist Kwan Yin Temple. Big statue is Goddess of Mercy holding a pomegranate branch*

GLENN CHRISTIANSEN

Exhibit Hall *at new Cultural Plaza houses displays beside paved courts, garden pool, landscaping of Chinese plants*

At noodle factory, *a fresh batch of egg noodles is ready for packaging*

Every Tuesday, 9:30 *sharp*, a tour of Honolulu's old and new Chinatown

In 1852 the first Chinese came to the Hawaiian Islands to work on the sugar plantations. Since then, the Chinatown community in Honolulu has expanded from a few temples, stores, and mutual aid societies to cover several blocks, one filled by a new cultural center. You can take it all in on a popular weekly tour.

The 2½-hour Tuesday morning walks start at 9:30 *sharp*, emphasizes Rose Ching, a Chinatown guide for 25 years. She'll lead you through the oldest sections, explaining the history and uses of jade at a jewelry shop, and herbal preparations and acupuncture at an herbalist's. You'll also visit an antique shop, pastry shop, and open-air fish market.

Introduction to the newest part of Chinatown comes at the 2½-year-old Cultural Plaza, owned largely by four Chinese benevolent societies. In the square-block complex are restaurants serving Chinese and other Oriental food, plus stores selling antique and contemporary goods from several Pacific countries. Elderly Chinese play dominoes and mahjong in the courtyards.

At the end of the walk, which costs $2; you can try an optional six-course lunch ($3 per person) at Wo Fat's, Honolulu's oldest Chinese restaurant.

Walks begin at the Chinese Chamber of Commerce, 42 N. King Street, in downtown Honolulu. To make arrangements a few days before, write to the chamber (zip 96817) or call (808) 533-6967. □

A stirring idea from Oneida.

How many times have you dunked your fingers while stirring your iced tea?

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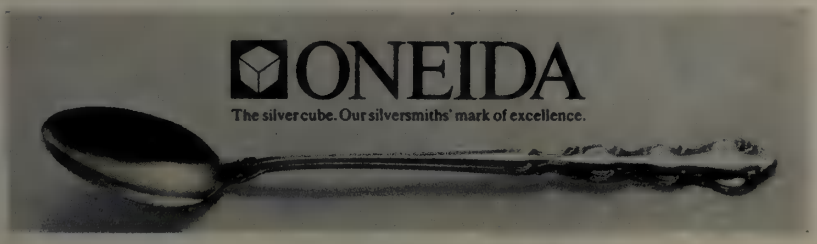
Open Stock also means you can have seafood forks, butter spreaders, steak knives, or any of a wide variety of serving pieces, as well as extra place settings and replacement pieces.

Now that's a stirring idea to remember when you're shopping for stainless.



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UNITED AIRLINES

Diversion canal *once drew water off the lake; since it was dammed, the level has risen*

Water aplenty in mile-high

In central Lassen County, *Eagle is a 6 to 8-hour drive from the San Francisco Bay Area—east from Interstate 5 at Red Bluff or north from Reno on U.S. 395*

The good news about Eagle Lake, one of California's largest natural lakes, is that it is full and should stay that way through the summer.

Off in the northeast corner of the state, beyond Susanville and about 80 miles north of Reno, mile-high Eagle is right at the eastern edge of Lassen National Forest. It offers camping, tough but rewarding fishing, some rare bird watching, good boating—and this month its normally chilly waters will be warming toward their season highs.

Underground springs keep the lake full. Its only outlet, an irrigation tunnel, was recently dammed, and the lake has been creeping higher ever since. With other large lakes suffering drops that leave their docks and launching ramps high

The senators of Pelican Point *are in session each morning in the summer, to the delight of bird watchers. Usually found on the coast, they sometimes inhabit large inland lakes*

What's the fishing like? *Challenging—but worth it when you get catches like these unique Eagle Lake trout*

agle Lake

and dry, Eagle's situation is enviable.

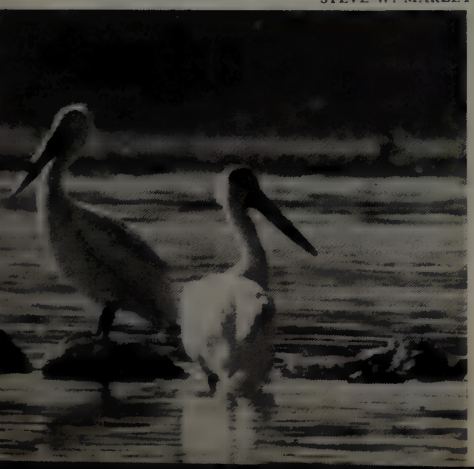
Eagle is about 14 miles long, 1 to 4 miles wide, and fairly shallow (90 feet at its deepest). Its high alkalinity has created the unique Eagle Lake trout—a rainbow adapted to the water.

It's an elusive fish that was apparently nearing extinction in the 1930s and again in 1955 before it was brought back by the state Fish and Game Department. Some fishermen succeed with open lake trolling, others cast in the tules from shore. Daily limit is three; biggest catches are made in the spring and fall.

The bony but good-eating tui chub is another common fish at Eagle Lake, where it grows to 16 inches long and is a spunky fighter on light tackle. There's no limit. A valid state fishing license

(Continued on page 56)

STEVE W. MARLEY



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*Based on EPA Interior Volume Index measurement, published in the official 1977 EPA Guide 2nd Ed

dollars without style.

ople than 30 other cars you could y (including Monza, Mustang II, Pinto, ota Celica, and Datsun B-210). And re room for luggage than 59 other cars. ould you believe, with the rear seat folded wn it can hold 21 bags of groceries. And h the seat folded up it still has more trunk ace than a Cadillac Seville.)

Finally, we come to Scirocco, our true orts car that gives you extravagance and in good sense at the same time.

Last year Scirocco was the Trans Am amp for cars under 2 liters. And speaking style, the Scirocco was just named one of "25 best-designed factory-made prod- s available in America today" by Fortune agazine.**

It also gives you something few sports s can offer: room for four and more trunk ace than a Ford LTD II.

Yet (amazingly!) a Scirocco has the same l economy as a Rabbit.

Both Scirocco and Rabbit get mpg on the highway and mpg in the city. Dasher gets 37 mpg highway, 22 mpg city. (Of course, these are EPA estimates with standard transmissions. Your mileage may vary depending on how and where you drive, optional equipment and your car's condition.)

With all this going for our Volkswagens, we suggest you stop in to your Volkswagen dealer for a test sit.

It's one way to get through the energy crisis without getting bent out of shape.

Economy without sacrifice.

ortune, May 1977.

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The New Otani is here

The New Otani
HOTEL & GARDEN
LOS ANGELES

STEVE W. MARLEY

The osprey, *an endangered bird, is protected at Eagle Lake. You can view and photograph from ⅛ mile away—any closer disturbs their nesting habits*

is required for both.

A plus for bird watchers is the osprey management area on the lake's west shore. A dirt road from Spaulding Tract leads to the area, where 17 pairs of the fish hawks have built 100-pound nests atop dead trees and manmade "snags." As the rare birds are especially vulnerable during nesting time (April to October), you must stay at least ⅛ mile away from the nests. A new observation tower may be completed this month.

Our reporters also saw a pair of bald eagles nesting in the area. And on the lake, a flock of pelicans patiently allowed us to come within 15 feet to photograph them at Pelican Point.

The 300 Forest Service campsites at the lake's south end and 50 more BLM sites at the north end all stay open until October 1; no reservations are taken. August can be a busy month, but there's overflow camping at undeveloped sites near Gallatin Beach—or consider lodging in nearby Susanville, a charming, old-West-looking town.

You'll find launching ramps and outboard boat rentals at Spaulding Tract and at Eagle Lake Marina at Gallatin Beach, which also has a new breakwater and dock area; each site also has a small general store that's open from about 10 to 6 daily.

Each Wednesday and Saturday at 10 A.M., you can join a nature walk; call (916) 257-2595 for the meeting place.

To get to the lake, take U.S. Highway 395 north from Reno to Susanville, then take the Eagle Lake Road 16 miles northwest. Turn right on Gallatin Road to the main campground area. The last 10 miles of Eagle Lake Road into Spaulding Tract are graded but not yet paved. □

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Jeep

we wrote the book on 4-wheel drive

Jeep Corporation, a subsidiary of American Motors Corporat

First stop *on learning tour: selecting a subject and packet at the library*

How Denver brings history to life

If the Crusades have always tickled your fancy or you've wanted to learn more about the great Popes, prehistoric man, or the Renaissance, a new project in Denver can help you.

The Denver Public Library's TimeAlive! program offers a brief introduction to a series of 30 historical subjects, then leads you to related information sources—museum exhibits, records and videotapes, novels, poems, movies, and plays. It's a way of unlocking community resources and linking them under a single program. (Cooperating with the library are the Denver Art Museum, the Denver Museum of Natural History, and the Colorado State Museum.)

If you're visiting Denver, the program will introduce you to some of the city's cultural offerings. You can begin at any library branch (the main library at 1357 Broadway is open 10 to 9 Monday to Thursday, 9 to 5:30 Friday and Saturday, closed Sunday). Or, your own community can set up a TimeAlive! project using local resources (the copyrighted program is available for a fee).

SUSAN BIDDLE

How it works. A 25-page introductory packet to each "synchronism" costs $1. Titles include: "Origins," "Magic and Motion," "Vicars of Christ," "Asian Genesis." In each, there's a brief subject outline, plus a list of books, records and videotapes, a play, movie, or events, and a museum exhibit relating to that subject and period in history.

The packet leads you first to resources in the library, then a final page lists the outside sources. A separate Hotline section, available upon request, lists current local activities.

For example, with "Vicars of Christ" you're directed to the Denver Art Museum to see exhibits in the Medieval and Renaissance areas. For "Origins," you can go to a planetarium show. The "Asian Genesis" packet suggests a film on Oriental art and a children's story hour that features tales from ancient China and India.

The object is to provide an overview of each subject by offering not just a history of people but of their art, music, literature, philosophy. With this program, a quest for knowledge on the universe would take you to such varied books as *A History of Seamanship* and *Five Thousand Years of Medicine,* and later to the film *Time Line.*

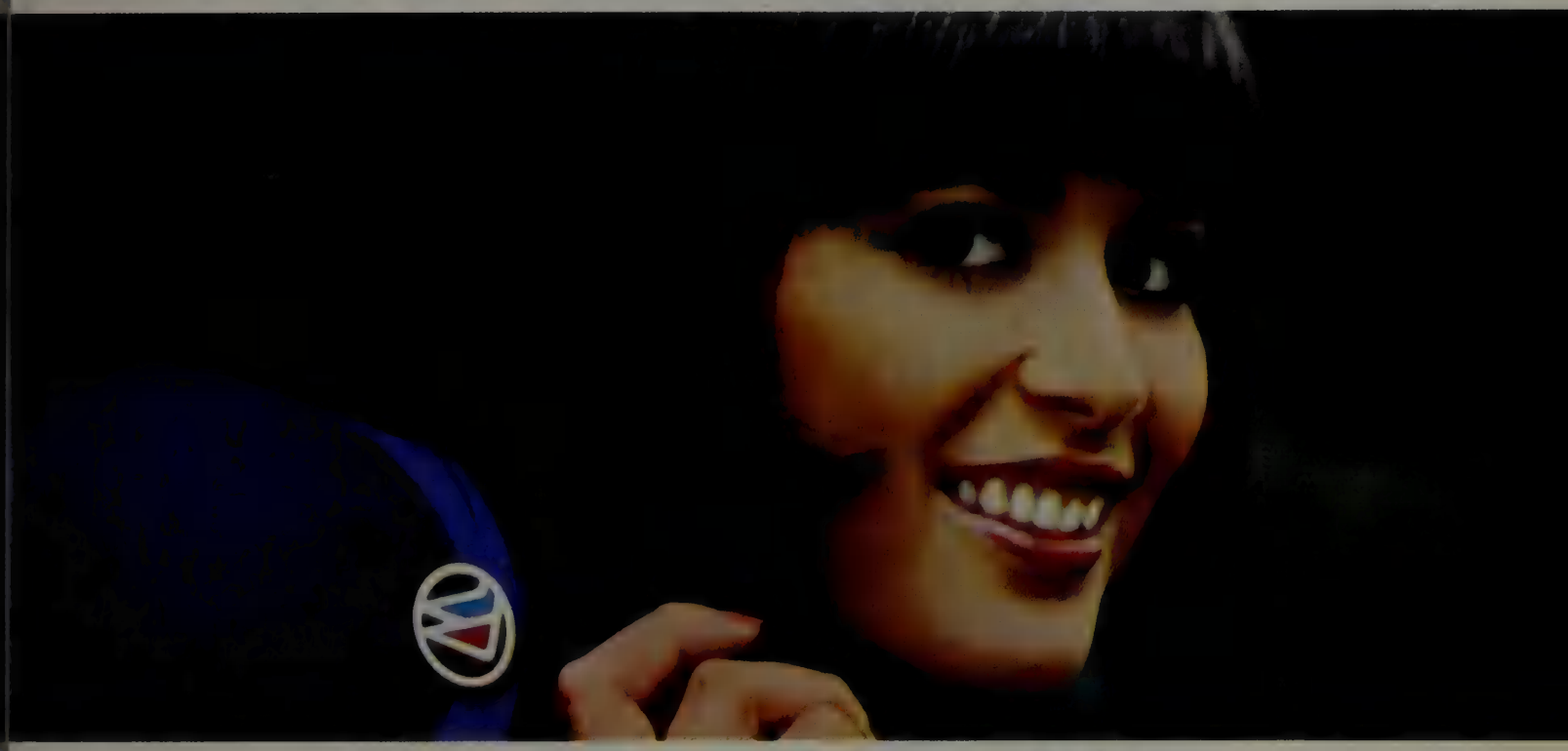
An expanding program. The TimeAlive! project began about three years ago as a sort of self-education system for both children and adults. Its widespread popularity has led four other cities to participate, including Everett, Washington, here in the West. And the content is still being added to—some 30 packet titles are yet to come.

To learn how to set up a similar program in your community, write to TimeAlive!, Denver Public Library, 1357 Broadway, Denver 80203. ▫

Listening to *Gregorian chants (above) and watching a videotape of The Vatican (below) are part of papal-history program*

At Denver Art Museum, *oils in Medieval and Renaissance rooms illustrate one packet*

The special Philippine art of mixing East and West.



Discover it first on Philippine Airlines.

World War II was ending, but a whole new life was just beginning for the olive-drab jeep.

Filipinos washed them down, polished them up, painted them over, added slogans on the fenders, streamers on the roof, statues on the hood, and the "Jeepney" taxi was born — American engineering and Philippine free-expression bolted together in a colorful mix of East and West found only in the Philippines.

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For unforgettable Orient tours that begin in the Philippines on Philippine Airlines — begin with your travel agent or by writing us at 212 Stockton Street, San Francisco, California 94108.

The special Philippine mix of East and West is a once-in-a-lifetime experience. But it's also a once-a-day experience on Philippine Airlines.

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Philippine Airlines

Welcome aboard the Philippines.

Country cooper *(above) explains craft at Welsh folk museum. Ruin of Norman keep (right) survives on grounds of Cardiff Castle*

Cardiff is a good starting point in Wales

An easy drive or train or bus ride away from the great cities of England, Wales offers the unexpected: rugged landscape, fiercely independent heritage, and a tough and vibrant national subculture with an arresting, consonant-filled second language. And it's not overrun with tourists.

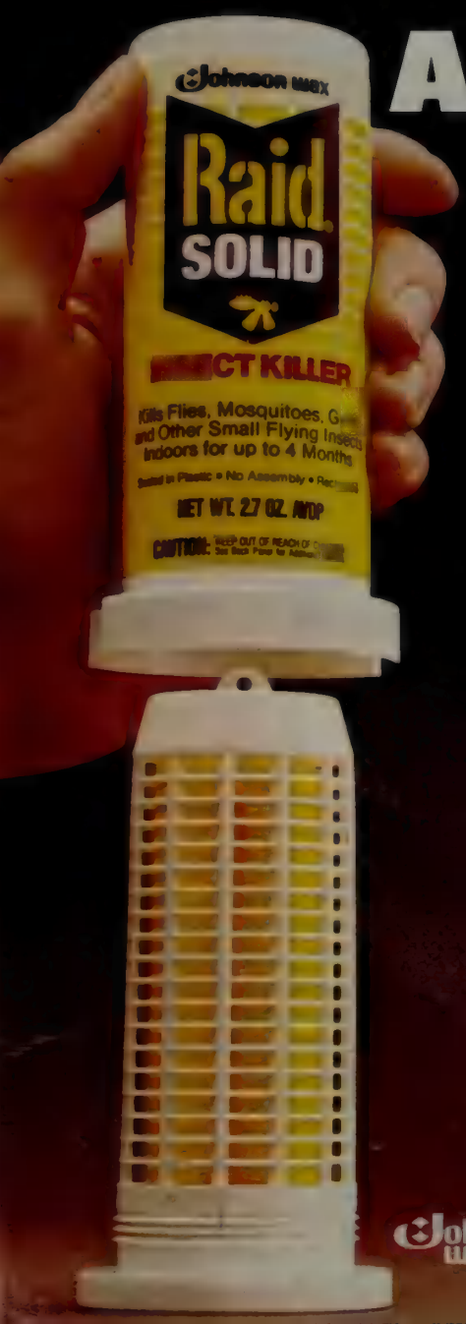
You can best explore Wales by going afield through its valleys, mountains, quarry and mill towns, moody castles, and tiny harbors. But you're most likely to enter the region through its industrial capital, Cardiff (just 146 driving miles west of London). Before you strike out for the countryside, three fine Cardiff museums help you get a feel for Wales and its people:

National Museum of Wales, Park Place, city center. A panorama of Welsh geography, history, and culture, designed "to teach the world about Wales" (*"I ddysgu'r byd am Gymru"*). You'll see regional displays, archeological treasures, and exhibits of Welsh botany, seafaring, zoology, mining, industry. Hours: 2:30 to 5 on Sunday afternoons, 10 to 6 on other days. Admission is free.

Cardiff Castle, Castle Street, city center. A sprawling amalgam of architecture, built on Roman foundations and embroidered through the centuries. Highlights: ornate rooms, lush grounds surrounding a Norman ruin, and a lung-taxing 101-step climb to a clock tower and roof garden. Hours: 10 to 7 daily, May through September; 10 to 5, October through April. Admission: 10 pence (17 cents) for adults.

Welsh National Folk Museum, village of St. Fagans, 4 miles west of city center via Castle Street and Cathedral Road, becoming rural route A4119. (Or take bus 32 from opposite Central Bus Station, departing on the hour.)

Some 98 acres surrounding 16th-century St. Fagans Castle are devoted to the recreation of Welsh life. There are country craftsmen, a working woolen mill, restored and furnished buildings spanning the centuries, and a field of shaggy, hard-munching Welsh black sheep. It adds up to a grand slice of rural Wales. Dress for the outdoors. Hours: 11 to 7 Tuesday through Saturday, 2:30 to 7 Sunday, closed Monday. Admission: 10 pence for adults. □



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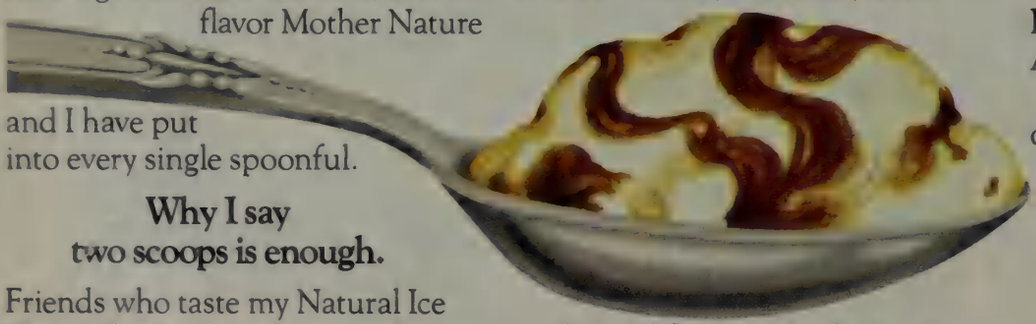
"How to eat my Natural™ Ice Cream"

When folks sit down to enjoy my Natural Ice Cream, the first thing I always tell them is to take their time. I don't rush making it. And no one should rush eating it.

If you do, chances are you'll miss a good deal of the rich, delicate flavor Mother Nature and I have put into every single spoonful.



Why I say two scoops is enough.

Friends who taste my Natural Ice Cream for the first time usually say they are surprised. They expect that coarse "sugary" flavor associated with commercial ice cream. Instead, they are treated to a smooth, natural sweetness that comes from pure orange blossom honey. This creamy richness builds, and goes a long way. So every mouthful is a delight, to be savored slowly. Quality rather than quantity is my philosophy. And I shall never compromise.

I'm proud of what goes into every quart.

There's nothing artificial in my ice cream. I use only the finest natural ingredients. Like fresh milk, fresh whole cream, real vanilla and fresh egg yolks.

Even the sugar I use is as unprocessed as it can be.

In fact, I put all the ingredients right on the lid of each carton. So everyone can see how wholesome and natural my ice cream really is. I know of no other ice cream maker who does this.

I don't make just one flavor.

Variety, they say, is what makes life interesting. So, I have made my ice cream in seven very interesting flavors. Vanilla, of course, is the traditional favorite. And mine is made with honest-to-goodness vanilla beans. Not vanillin.

The carob bean, Nature's chocolate, makes my Carob Ice Cream a rich and healthful treat for chocolate lovers of any age. If you like the nutty goodness of sesame seeds baked in honey, I suggest you try my Sesame Seed Crunch.

Or maybe you'd enjoy my Banana Walnut, chock-full of plump walnuts and real bananas. My Swirled Raspberry is rich with the flavor of juicy red raspberries. And I also make a delicious Swirled Carob and a delightfully crunchy Vanilla Pecan.

Tell me how you like it.

I prefer to eat my Natural Ice Cream all by itself. Or sometimes covered with the best topping in the world for it – fresh fruit. But I'm sure there are many people who have their very own ways to enjoy my ice cream. And I'd like very much to hear about them. Please write to me: Gilbert H. Brockmeyer, P.O. Box 2223, Terminal Annex, Los Angeles, California, 90051.

Although patience is indeed one of my virtues, I'll still be waiting quite anxiously to hear from you.

Gilbert H. Brockmeyer
The Natural™ Ice Cream Man

MICHAEL SPECTOR

Old oaks *shade playground and picnic arbors at Mooney Grove Park; the museum holds 10 parlors' worth of mementos from Tulare County's past*

Mooney Grove near Visalia . . . it's a most satisfying trip breaker

Roads run straight and flat in California's Central Valley, and when you tire of driving them they shimmer and float unsteadily in the sun. At that point it's good to know of an oasis like Mooney Grove Park, off State Highway 99 just 3 miles south of Visalia. There you can play and picnic, and even study a pleasant chunk of history.

Mooney Grove was established in 1909 to preserve a large cluster of Valley oaks, and though these tall, stately trees have since been joined by silver leaf maples and Modesto ash, they still dominate and shade the park. The landscape also includes a food stand and about 200 picnic sites, 15 of them wood and stone arbors that seem right out of 50-year-old photographs of family reunions. (Groups often reserve the arbors in advance, for $25 to $50, but if you find a vacant one you're welcome to use it for free.)

After a picnic, travelers can stretch their car-sore muscles playing baseball, horseshoes, or tennis. Children can release their pent-up energy by dangling on the playground equipment or careening down the skateboard course. (There's also a small, slightly shabby private amusement park near the main park entrance.) If these activities sound too harrowing, a small pond sits in the middle of Mooney Grove, and though the drought has eliminated the pond rowboats, plenty of ducks still ply the placid waters waiting to be fed.

From the pond it's a short stroll to the Tulare County Museum, a fine example of what a county museum can be. The interior of the main museum building looks like your great-grandmother's attic, if you were lucky enough to have a great-grandmother who saved everything she ever owned: Indian relics, pianos, clothes, dolls, and kitchen devices that seem taken from Rube Goldberg cartoons.

Behind the museum stands a small village of historic local buildings, including a 19th-century log fort, the white-steepled Surprise School, and the Emken house, where you can peer inside to see a Victorian parlor whose piano holds the sheet music "If You Talk In Your Sleep, Don't Mention My Name."

To get to Mooney Grove, take State 99 to the Tagus exit and drive 3 miles east on Avenue 264. Turn left on Mooney Boulevard (State 63) and go for 1 mile. The park, open from 8 A.M. to 10 P.M. daily, is on your right. □

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FOCUS 2000 takes you into the world of super photography to capture the beauty of nature as you never thought possible. FOCUS 2000 is the workshop for serious and creative nature photographers. The sessions will include lectures, practical training, slide presentations and other visuals on equipment, shooting techniques, developing, printing, multiple images, montage, collage, multiple exposure and the most advanced camera techniques.

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Price $325; with accommodations $475
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Oregon's astonishing lava lands

Worth a stopover, worth a detour. Lava tubes, lava beds, ice caves on all sides of Bend, especially south

Most travelers hardly slow down as they approach Bend on their way through central Oregon's pine-studded central plateau. But the region is well worth a stop. In a day—or better yet, two or three days—you can explore what is probably the greatest concentration and variety of volcanic phenomena on the North American continent.

Today this high, cool plateau east of the Cascades is known for its salubrious summer climate. But a mere 6,000 to 25,000 years ago, it was violent and fiery. (Volcanic peaks in the Cascades erupted mostly about 100,000 years ago.) South of Bend once mighty Mount Newberry self-destructed, tumbling its 9,000-foot peak and leaving the broad caldera which today holds Paulina and East lakes. Cinder cones like Pilot Butte and Lava Butte built up from seeps of molten lava and ejections of scoria. And all around stretches black lava.

If you want to spend some time in this region of ancient fires, it's easy to find places to stay. For information on resort accommodations, write to the Chamber of Commerce, 1037 Brooks St., Bend 97701. To find out about Forest Service camps, many along the fresh, clear Deschutes River, write to Supervisor, Deschutes National Forest, 211 N.E. Revere St., Bend 97701.

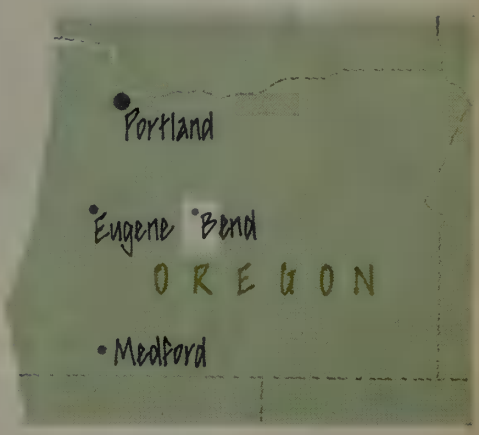
First stop, Lava Lands Visitors Center

Begin your visit at Lava Lands Visitors Center, 11 miles south of Bend on U.S. Highway 97. Located in Deschutes National Forest, the center is open weekdays from 9 to 5 and weekends from 8:30 to 7:30. Inside, a large topographic map of the region dominates the lobby. Five computerized dioramas demonstrate the stages of volcanism—you'll see fire as mountains collapse, watch lava flow, feel a glacial rush of air and a trembling under foot.

From the terrace behind the center, a ½-mile-long black-topped trail loops through the fields of jagged lava (see color photograph opposite).

Around Bend . . . cones and caves

Lava Butte, the most accessible of central Oregon's volcanic cinder cones, rises



DON NORMARK

From rim *of 150-foot-deep crater in center of Lava Butte, a prominent cinder cone close to U.S. Highway 97, the view of the Cascades to the west includes Broken Top (far left), part of Three Sisters, and other volcanic formations*

ice-molten lava *is now a black landscape ted by rabbit brush and cut by a -mile trail at Lava Lands Visitors Center. chelor Butte rises behind*

Jagged pinnacles, *remnants of an ancient volcano above Crooked River, are the destination of these hikers at Smith Rock State Park*

Fire erupts *in computerized diorama at Lava Lands Visitors Center. Here you can see all stages of a volcano's life*

500 feet just north of Lava Lands Visitors Center. Drive the road that spirals to its crest; from here you scan a region dominated by volcanoes—from 12-foot-high spatter cones to rugged old giants like Broken Top, Bachelor Butte, and the Three Sisters on the western horizon.

North of Bend at Smith Rock State Park, a mile-long trail leads along the Crooked River at the foot of spectacular Smith Rocks, pictured above.

Caves are also numerous in the region. Most were formed when lava flows crusted over yet continued to drain underneath, leaving tunnels which now wind through solid rock. Lava River Caves State Park on U.S. 97, 12 miles south of Bend, has such a cave.

The area has a number of ice caves too. These usually face north, often with a small glacier sweeping back from the entrance. Turn off U.S. 97 on China Hat Road to reach three, including Arnold Ice Cave, one of the best known. The Forest Service office in Bend (address on preceding page) can furnish you with a list of all the caves you can safely explore; be sure to carry a flashlight or lantern in good working order.

Auto exploring to the east

Drive 17 miles south on U.S. 97 to a well-signed side road leading east to Lava Cast Forest on the outer slopes of old Mount Newberry. These casts were formed when lava roared through a stand of trees 6,000 years ago. Both standing and downed trees left molds; some measure 20 feet long.

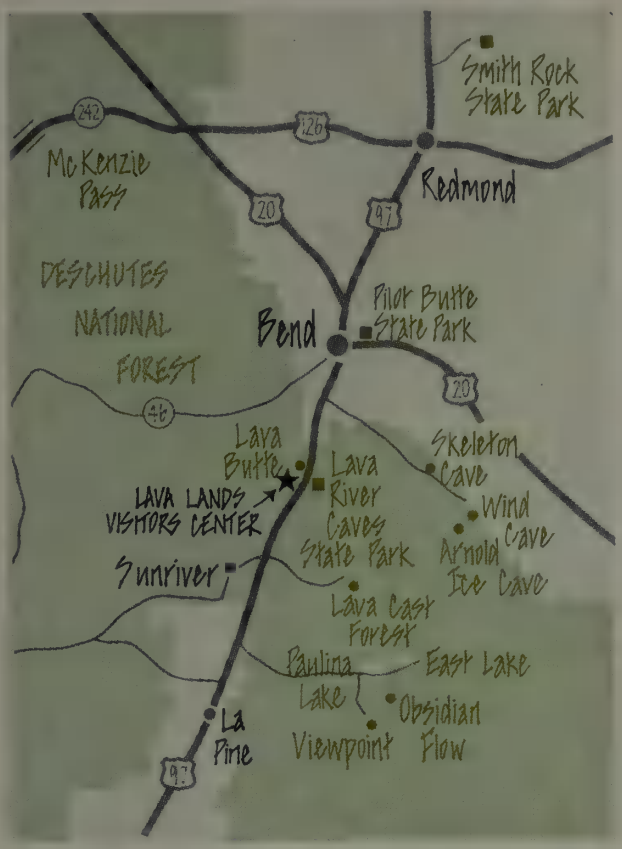
North of La Pine a paved road leads east from U.S. 97 12 miles to all that remains of mighty Mount Newberry—now a yawning caldera. A broad shield volcano built up by alternate layers of molten basalt and rhyolite, it measures 25 miles wide at its base, with hundreds of cinder and spatter cones around it.

Within the crater lie East and Paulina lakes; both contain hot sulfur springs. Also inside the crater, a flow of broken glassy black obsidian fans out over nearly a square mile, the largest obsidian flow in this hemisphere.

Up at the viewpoint on Paulina Peak, a jagged 7,987-foot-high remnant of Newberry's rim, you'll get the most sweeping view of the region. A good road to the summit branches from the main road just west of Paulina Lake. □

DON NORMARK

Close to *the geographical center of Oregon, Bend is a convenient base for exploring off U.S. Highway 97. The city itself has a population of about 17,000*



McKenzie Pass Highway *traverses 70-square-mile wilderness of tumbled lava, remains of two flows that collided*

Rent a lantern *to explore ½-mile-long Lava River Caves. One lantern lights the way for three people as you guide yourself along the twisting track left thousands of years ago by a river of molten rock*

You explore above ground with your car and on foot... below ground with a rented lantern

Topographic map *of Oregon's volcanic region is a good introduction to the area's attractions. A Lava Lands ranger-naturalist is always on hand to explain what you'll be seeing*

DOUG WILSON

DARROW M. WATT

Latin-American party *is a garden buffet with hot grilled frankfurters heaped with condiments: sauerkraut, guacamole, fresh tomato relish, pickled cabbage, black beans, shredded cheese, salsa*

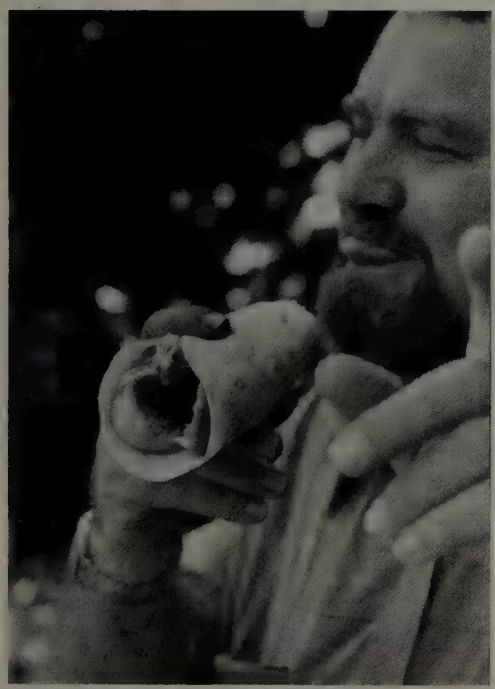
It's a Spanish-American hot dog bash

On and with the franks go scoops of pickled cabbage, hot black beans, shredded cheese, guacamole, tomato relish, and sauces and mustard, hot and mild

GLENN CHRISTIANSEN

Three ways *to go: enjoy a hot dog in a bun . . .*

. . . struggle with a frank and all the trimmings in a tortilla . . . or be discreet as at right and use both bun and tortilla



Travelers to Latin America are often amazed to discover that the "All-American" hot dog is just that. South of the Rio Grande, you also encounter hot and juicy frankfurters at roadside restaurants, snack bars, carnivals, and fairs. Vendors there wrap the hot dogs in soft tortillas or warm buns, then pile a variety of popular local condiments on top.

Instead of the familiar catsup and pickle relish, such additions as guacamole, black beans, sauerkraut, cheese, pickled cabbage, and mild to spicy-hot sauces give the hot dogs a lively new dimension.

Because these elements are also readily available here in the West, you can easily duplicate this Latin version of the wiener roast on your own patio.

The food requires no attention after guests arrive. Frankfurters (or a combination of frankfurters, garlic franks, and other fully cooked sausages, and simmered chorizos), warm soft tortillas and buns, plus the various embellishments can be grouped near one or two hibachis or a large barbecue. Guests grill their own meat, wrap it in a tortilla or roll, and add their choice of condiments. Once assembled, wrap in a napkin to eat out of hand. Or offer plates and forks for those who prefer more of the meat and relishes and less bread.

Our party is planned for eight to ten, but it can be adjusted to serve any number. Should you want a more substantial meal, include your favorite potato salad or a platter of sliced tomatoes, cucumbers, mild onions, and green peppers dressed with oil and vinegar.

Soft drinks and beer are the typical beverages, but a dry red jug wine, lemonade, or iced tea are also appropriate.

Set up dessert and coffee at another station. Watermelon or another seasonal fresh fruit or a berry ice cream makes a cooling climax.

Here's how much food you'll need and how to prepare it:

Frankfurters. Allow ¼ to ½ pound frankfurters or other sausages for each person. Choose fully cooked ones such as regular or old-fashioned frankfurters, knackwurst (garlic), long slender veal frankfurters, or smoke-flavored pork sausage links. If chorizos are used, precook them in boiling water to cover for 20 minutes; drain well on paper towels.

Tortillas and buns. You'll need a total of 1½ to 2 dozen flour tortillas and regular hot dog buns. Lightly dampen and stack flour tortillas, wrap in foil, and heat in a 350° oven for 10 to 15 minutes or until steamy. Keep warm in a napkin-lined basket.

Wrap rolls in foil and heat in the same oven for 10 minutes, or toast split buns lightly on grill while the sausages cook.

Pickled cabbage. With a knife, coarsely shred enough cabbage to make 4 cups. Stir in ½ cup of chopped onion and ½ cup shredded carrot. Pour on ⅓ cup white wine vinegar and sprinkle with ½ teaspoon oregano leaves; add salt to taste. Mix well, cover, and refrigerate until well chilled, or as long as 24 hours. Stir several times. Makes about 1 quart.

Fresh tomato relish. Peel, seed, and chop 2 large tomatoes; you should have about 1½ cups. In a bowl combine the tomatoes, ½ cup seeded and diced green pepper, ½ cup chopped onion, 2 tablespoons chopped fresh mint or crumbled dry mint, 1 tablespoon chopped fresh coriander (cilantro), ⅛ teaspoon crushed red pepper, and salt to taste. Cover and chill as long as 24 hours. Makes about 2½ cups.

Hot black beans. In a pan stir together 2 cans (11 oz. *each*) condensed black bean soup and ¼ cup water. Place over medium heat, stirring often, until hot.

Cheese. Offer about ¾ pound jack or sharp Cheddar cheese, shredded.

Guacamole. You'll need 2½ to 3 cups homemade guacamole, or purchase 3 packages (6 oz. *each*) frozen avocado dip (thaw completely before serving).

Sauerkraut. Drain 1 can (1 lb.) sauerkraut. Serve at room temperature, or heat if desired.

Sauces and spreads. Offer 2 or 3 purchased sauces and spreads such as green chile salsa, jalapeño sauce, taco sauce, and mild or spicy prepared mustard. □

Garden terrace *is decomposed granite laid 2 to 3 inches deep and packed thoroughly for a smooth, firm surface. Available in tan, brown, or gray, it's easy to care for. Landscape architect: Jack Smith*

Smooth round stones *from Colorado River in Arizona show streaks of red oxide. Mondo grass edging accents stones' bold color, texture*

Half-inch crushed granite *is durable, rakeable, and inexpensive. Neutral gray complements house color, cleanly sets off Correa at left*

PETER O. WHITELEY

Handsome walkable surface *here is palomino-colored Lomita stone. Landscape architect: Jack Smith*

BILL ROSS

The ground cover? It's rock

It can be colorful, good looking, easily maintained, and it's unthirsty

Another of nature's resources—rock—is gaining recognition in the West. As with the recycling of water and use of native plants, the gardener's increased interest in this natural material stems from conservation: Where water is a precious commodity, it may make sense to use rock as a ground cover instead of growing "green carpet" plants.

As you'll see on these pages, rock materials come in a range of colors and sizes. They also fit a number of garden uses. Gravel and loose aggregates make practical and inexpensive "soft" paving. They're good, too, for mulching soil and filling awkward spots where plants won't grow. And they'll cover areas you haven't decided what to do with yet; you can push aside gravel covers to plant trees and shrubs when time, money, or weather conditions allow. (For more on rock cover-ups, see page 156.)

At its best, granular rock can work together with plants, buildings, and other surfaces in a garden's design. For that reason, natural-looking kinds are the most useful; bright eye-catching colors are harder to live with.

At a rock yard, look at samples the way you look at paint chips. Keep in mind that color gets more intense over a large area, and that sun or shade will affect it too. Also, consider whether or not leaves or other debris will be a nuisance: For a rakeable ground cover, choose small sizes—½ inch or less in diameter.

Look for suppliers in the yellow pages under Building Supplies, Garden Supplies, or simply Rock and Stone. Ask for gravel, loose aggregates, or decorative rock. Some garden centers now offer these materials prepackaged like decorative bark, but you'll find the widest selection at large supply yards—displayed in labeled bins.

Names, including those listed on page 73, vary from place to place. But you'll be choosing by color and size anyway, so names aren't important.

Large Mexican pebbles *help dark asphalt blend with gray boulders, green juniper, and brown trunk of pine. Pine needles can stay where they fall. Landscape architect: L. Ken Smith*

Types of rock

Round stones have been naturally smoothed by the action of glaciers, streams, or the sea. Also called water-washed pebbles or river rock, they range from pea-gravel sizes (⅛ to ¼-inch

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diameter) to cobbles (8 inches across).

Small sizes are good for walkable surfaces, although they tend to roll underfoot. Pack them down or get a mix of sizes that fit together fairly well; a ¾-inch mix, actually containing ½ to 1½-inch rocks, is good. Set cobbles into the ground or use them for decorative untrod areas.

Crushed rock is sharp-edged gravel made from larger quarried rock. It's sized from ¼ to 1½ inches and is often sold as "decorative stone." Available in many colors (some dyed), it's most useful in natural tones of rust, tan, brown, and gray. White and other bright colors reflect hot sun and can be difficult to keep clean.

The ¾ to 1½-inch sizes are used for ground cover only; ½ inch and smaller are walkable, especially if rolled and packed smooth (but tough on bare feet).

Fine-textured materials are pulverized forms of crushed rock. Colors may be tan, brown, gray, dark red, or black. They make attractive walkways, drives, terraces, and game courts, since they pack easily to form a dense smooth surface that wears well and rakes easily.

Sand is different: It doesn't pack well. So it's best for soft play surfaces and beach-like areas. Sand comes in fine to coarse grades and in colors of amber, white, or dark gray.

Coverage and costs

Both smooth and crushed rocks are spread 2 to 3 inches deep; fine-textured materials, 2 to 4 inches deep. Coverage varies with size and weight of material, but generally it takes a ton of medium-sized rock to cover 100 square feet to a depth of 2 inches.

Prices vary tremendously. With quantities of a ton or more, figure on a unit price of 25 to 60 cents per square foot. This allows for some hidden costs such as delivery charges and equipment rentals. By the cubic-foot sack, rock materials will cost a lot more, but for small areas sacks may be easier to handle and worth the price. (Two sacks will cover about 10 square feet.)

Some savings tips: Often the more functional-looking construction grades are cheaper and just as useful as the higher-priced decorative rocks. Also, at some garden supply yards you can inexpensively rent small dump trucks, eliminating delivery charges.

Installation

Laying a rock ground cover usually requires minimal site preparation. Plan to grade soil and install any permanent edging beforehand; a good guide is *How to Build Walks, Walls & Patio Floors* (Lane Publishing Co., Menlo Park, Calif. 94025, 1973; $2.45).

You'll probably need a wheelbarrow to haul these heavy materials. With proper access, dump trucks can often save you labor by tailgate-spreading material evenly over the area instead of dumping the load in one big heap. Then you just rake and smooth the rocks in place.

Compacted surfaces, like those made of decomposed granite and other fine-textured materials, require a roller and more labor. Apply the rock in 1-inch layers, then wet and roll each layer thoroughly.

Maintenance

Most inert covers require only occasional raking and weeding. Perforated plastic sheeting laid underneath retards weeds, but it can tear and show through as the stone cover shifts. Chemical weed killers, such as pre-emergent herbicides, are effective; or simply pull weeds as they appear. Heavily trod surfaces will need renewal every few years. □

How do you choose? Availability differs. So do rock names. Our collection is just a sampling of colors, sizes, textures

Rounded stone

1. **Black Mexican pebbles,** 1 by 2 and 3 by 5-inch sizes. Smooth flat beach pebbles imported from Mexico are attractive but expensive. They'll polish for a decorative finish, are often used in exposed aggregate concrete. Laid loose, stones displace easily; if you put them over ¼-inch black cinder rock, gaps won't show.

2. **Quartz pebbles** (Yuba pebbles, salt and pepper), 2 by 4 inches. Popular black-and-white river rock. This size shows interesting pockmarked surface. White quartz in it may make it fairly bright.

3. **Large Trinity cobbles** (Lin Creek pebbles), 3 by 8 inches. Chunky well-rounded stone with rustic good looks. Lay it loose for a natural effect or set into sand or soil for a smoother finish.

5. **Medium Trinity cobbles** (Lin Creek pebbles), 2 by 4 inches. Smaller size of number 3 above. A mix of broken and smooth stone, this grade has a less uniform appearance.

7. **Red Mexican pebbles,** ½ by 1 inch. These are Rosaritos, a red-tinged variety of number 1 above, in a smaller size. Our example shows some of the luster typical of this stone.

8. **San Pedro pebbles** (Pinoche pebbles), 1½ inches. Attractive solid color is "flat" or nonreflective. Inexpensive alternative to Mexican pebbles where steel blue color is appropriate.

12. **Lomita stone** (Palos Verdes pebbles), 1½ inches. Ocean pebbles unusual for their blond highlights. Comes in good textural mix of smooth and rough pieces. (Another picture of it is on page 70.)

13. **Red river aggregates** (red beach pebbles), ½ inch. Popular for its tumbled-smooth texture and subtle coloring. Compare it to pea gravel (number 17) to see the red tones in it that make it a popular surfacing aggregate for concrete finishes.

15. **Quartz pebbles** (Yuba pebbles, salt and pepper), ¼ inch. A smaller size of number 2 above, this is a dressier-looking material. Use it where peppery color contrast won't look too harsh.

17. **Pea gravel,** ¼ inch. Widely available loose aggregate in small sizes (⅛ or ¼ inch). Low-keyed color and texture; functional and inexpensive.

Crushed rock

4. **Taffy** (Sonoma rose, ginger rock), 1½ inches. Chalky surface and unusual coloration make this stone an eye-catcher. Spread over a large area, it tends to be bright and artificial looking.

6. **Mendo brown,** ½ inch. Flinty, hard edged. Reddish mahogany tones would complement redwood and other dark wood surfaces.

9. **Cinder rock** (lava rock, scoria), ⅜ inch. One of the West's most common rock products. Brittle and lightweight; not very durable. In some areas you can get it in black and shades of red-orange. Use cautiously: Color intensity can be overwhelming.

14. **Brown gravel** *(mocha brown)*, ¾ inch. Inexpensive and versatile; subdued color is easy to live with.

16. **Gold rock** (Pacific gold, desert gold), ⅜ inch. Mica and quartz highlights give this brown granite its exotic name. Overall color, though, is a light tan.

Fine-textured materials

10. **Gold dust.** Granular form of gold rock (16); soft sunny color. Looks like the decomposed granite pictured on pages 70 and 71.

11. **Mocha fines.** Decomposed brown gravel (14)—you can use one next to the other. Rich earth tones naturalize well.

18. **Olympia sand.** Clean, light color with a fairly coarse texture. This is a washed sand; some other sands, particularly the construction grades, are unwashed—watch for high dirt content or salts that can leach into soil.

19. **Green fines.** Also found as "crusher run base" at building supply yards. Practical and economical to use.

Rainbow *is a natural to make with bias tape, which curves easily*

Ladybird beetle *decorates right pocket, is made with four sizes of tape, four colors*

Tiger *stares back from a child's shirt, the yellow and black tapes stand out on the light blue*

Bands of tape *circle collar and cuffs, run down button panel (both sides at neck)*

Work shirts personalized

The shirts are cotton. The designs can be simple or sophisticated. It's all done with colorfast bias tape

Cotton work shirts, most of them blue, some of them natural, have been on the scene for years. Combined with jeans they've practically become an American uniform for hard work, active play, or just relaxing.

When women began buying these shirts for themselves in the men's department, the industry took the cue and started cutting shirts for feminine figures, too. And even toddlers have joined in. As a result, work shirts now come in all sizes.

To personalize this classic shirt we show several designs, all using colorfast bias tape in varying widths and patterns. Sewing on the tape is so easy that after basting on the strips you can easily watch television or chat while you complete the hand stitching.

For each shirt you'll need thread and bias tape with folded edges; select the colors and widths to make your design. To allow for shrinkage, wash and iron the shirt and dampen the tape with a wet cloth. Iron the moist tape with care so that you don't lose the folded edge that makes stitching easy.

Rainbow *of seven colors bedecks teen-ager's back. This design is simple but takes many stitches*

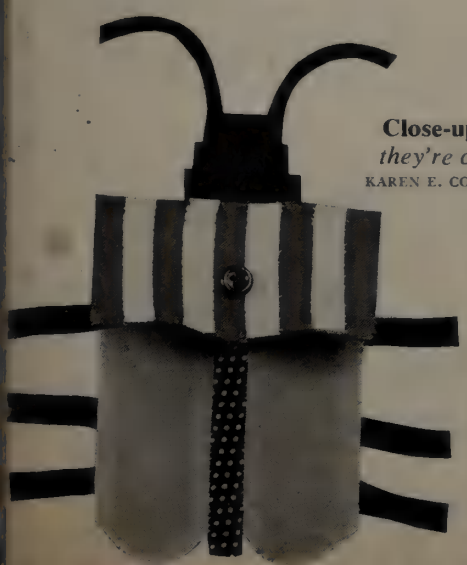
Strawberry *embellishes a pocket. Stem, leaves, and button are green, berry is red and white polka dots*

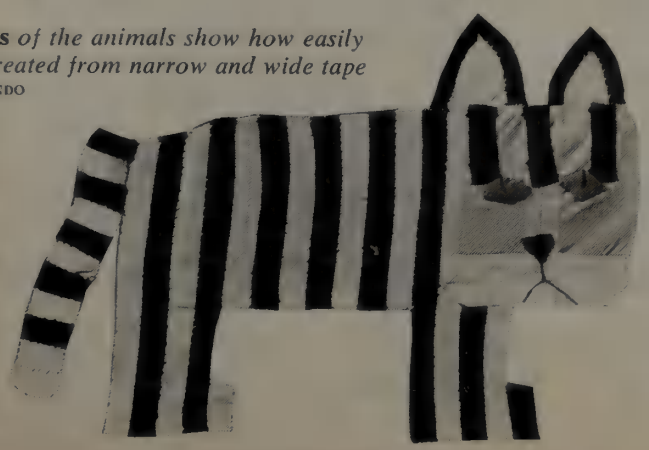
Beagle puppy *with perky tail is made of brown and orange tapes, has a pearl button eye*

Draw your design on the shirt with chalk, then cut the tape to the required lengths and pin and baste to the shirt. Bias tape curves easily, but be sure the shirt fabric stays flat under the tape.

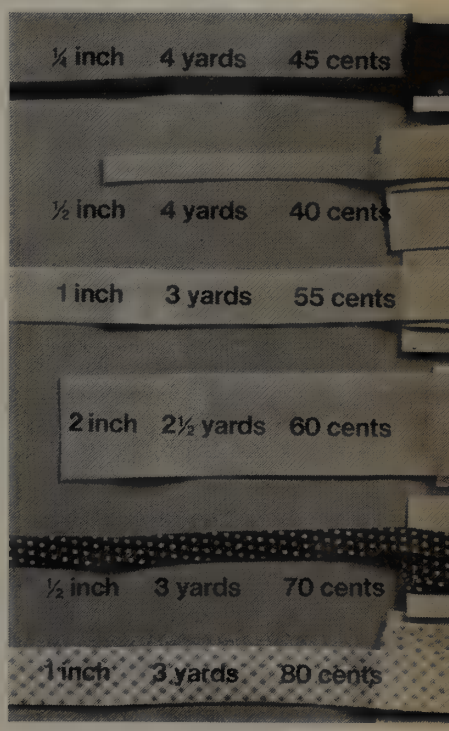
Hand-stitch the tapes to the shirt with small stitches. Sprinkle water on the completed design and iron flat.

Our designs are by Françoise Kirkman and Sue Cretarolo. □





Close-ups *of the animals show how easily they're created from narrow and wide tape*
KAREN E. CONDO



Bias tapes *come in solids (four widths) and patterns (two widths)*

Take a carton of plain yogurt, add summer-sweet Western fruits, and put it all in your ice cream freezer. What do you get? One hint: it has only 160 calories per cup—about half that of ice cream—but it's smooth, tangy, and delicious enough to satisfy even youngsters and folks who never think of dieting.

The answer is frozen yogurt, the most popular new food product to come along in years. It's starting to be sold all over the West. But you don't have to leave home to taste it. It's impossible to duplicate commercial soft-serve frozen yogurt in your kitchen. But with an electric or hand-crank ice cream freezer you can use our fruit-flavored frozen yogurt recipes to make a creamy dessert with the consistency of homemade ice cream —at a fraction of the store-bought cost.

And we think our frozen yogurts taste fresher and better than the commercial products, thanks to the plentiful amounts of fresh summer fruits that go into each of the seven versions. To make the different flavors, just prepare your choice of fruit mixture and combine it with eggs and 2 quarts of homemade or purchased unflavored yogurt.

You can make the yogurt mixture early in the day and store it in the refrigerator until you're ready to turn it in the ice cream freezer. Or take it to a picnic in an ice chest and turn it at the site.

Once the yogurt has been turned and frozen, you can tuck the metal container in the freezer compartment of your refrigerator until serving time. Away from home, repack the container in ice and salt to keep it soft-frozen for 3 hours.

Frozen Fruit Yogurts

Sweetened fruit mixture of your choice (suggestions follow)
3 eggs, separated
¼ teaspoon *each* salt and cream of tartar
¼ cup sugar
2 quarts homemade or purchased unflavored yogurt

Working with the ingredients listed under the fruit flavor of your choice (suggestions follow), combine the fruit and sugar (plus honey, if used) in a 3-quart pan. Bring to a boil, stirring, over high heat. Reduce heat to medium and cook, stirring constantly, until fruit softens and partially disintegrates (it takes 1 to 4 minutes, depending on the ripeness of the fruit); break up any large pieces with a fork. Remove from heat and stir in the fruit juices, spices, and flavorings listed under each flavor version.

Lightly beat the egg yolks; stir in about ½ cup of the hot fruit mixture. Then stir yolk mixture back into fruit mixture; cool to room temperature.

In a large mixing bowl, combine egg whites, salt, and cream of tartar; beat until soft peaks form. Gradually add the ¼ cup sugar and continue beating until stiff peaks form.

Turn yogurt into a 5-quart or larger bowl; use a wire whip if necessary to smooth out any lumps. Fold fruit mixture into yogurt until well blended. Then gently fold this mixture into egg whites (if mixing bowl containing egg whites isn't large enough, fold only half the fruit-yogurt mixture into egg whites, then reverse process and fold egg-white mixture back into fruit-yogurt mixture).

Transfer to a gallon or larger hand-crank or electric ice cream freezer.

Assemble freezer according to manufacturer's directions, using about 4 parts ice to 1 part rock salt. When hand-cranking becomes difficult or electric motor stalls, remove the dasher. Cover metal container and place in freezer compartment of your refrigerator. Or repack container in ice and salt in its tub and wrap entire unit in heavy towels or several layers of newspaper. Makes 1 gallon.

Sweetened Fruit Mixtures

Apricot-orange. Use 4 cups thinly sliced unpeeled ripe apricots, 2 cups sugar, 2 tablespoons lemon juice, ½ cup orange juice, 1 teaspoon grated orange peel, and 4 teaspoons vanilla.

Banana-honey. Measure 4 cups thinly sliced ripe banana, then coarsely mash them. Also use 1¼ cups sugar, ¾ cups honey, 3 tablespoons lemon juice, and 2 tablespoons vanilla.

Blackberry. Use 4 cups lightly packed whole fresh (or unsweetened frozen, defrosted) blackberries, 2 cups sugar, and 4 teaspoons *each* lemon juice and vanilla.

Blueberry. Use 4 cups whole fresh (or unsweetened frozen, defrosted) blueberries, 1¾ cup sugar, 2 tablespoons lemon juice, and 1 tablespoon vanilla.

Papaya. Coarsely mash enough peeled and seeded fruit to make 2½ cups purée (2 to 3 papayas). Also use 2 cups sugar, 2 teaspoons vanilla, ¼ cup lime juice.

Peach. Use 4 cups sliced peeled peaches, 2 cups firmly packed brown sugar, 3 tablespoons lemon juice, 2 tablespoons vanilla, and ¾ teaspoon *each* ground nutmeg and ground cinnamon.

Raspberry. Use 4 cups lightly packed fresh (or unsweetened frozen, defrosted) raspberries, 2 cups sugar, and 4 teaspoons *each* lemon juice and vanilla. □

NORMAN A. PLATE

Before the party begins, *big brother Jim helps Hamilton crank out the frozen yogurt*

Frozen yogurt made at home with fresh August fruit

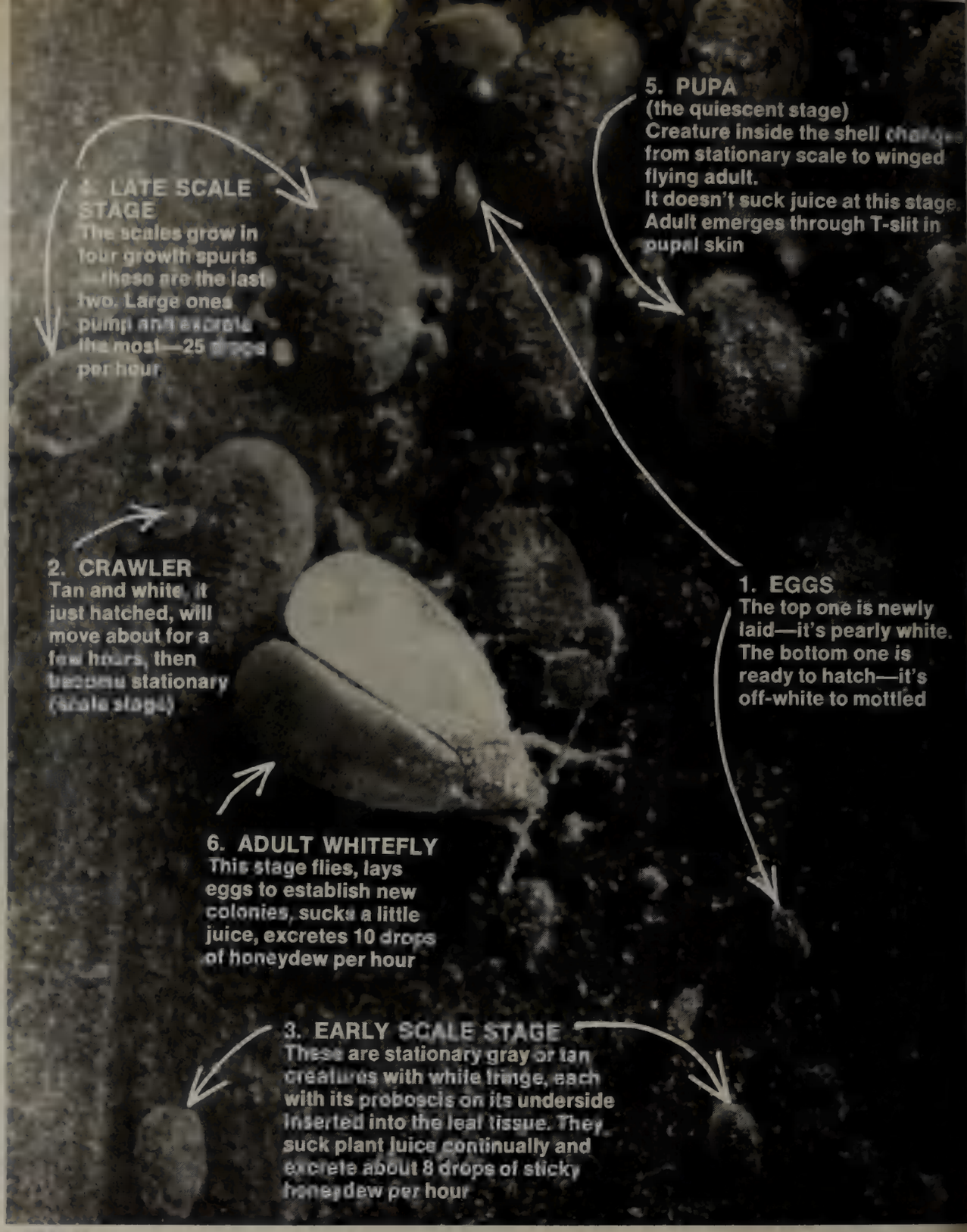
Hand-cranked or electric-cranked, yours should be much better than current favorites from ice cream parlors

DARROW M. WATT

Scooped into cones, *tart and fruity raspberry frozen yogurt takes the place of sweet rich ice cream for this group of birthday party guests*

Other guests wait *as a very finicky taster takes a cautious bite. The verdict: "Not bad!" You'll likely come to the same conclusion*

Sixteen times *larger than life: Here are the six life stages of the whitefly—from eggs to the adult which lays more eggs. Whiteflies and their progeny are almost always on the undersides of leaves on the plants that they favor. The same picture is shown below with the insects at actual size*



JAMES CAREY

Is there a sure-fire whitefly whammy? No

But readers share their experiences and their less than sure-fire answers

Whiteflies—if you have to ask what they are, your garden or greenhouse doesn't have them. Touch a plant and out fly many tiny white insects that look like floating specks of ash, only more animated. These creatures and their even more troublesome progeny can suck juices from favorite plants until the plants collapse.

How bad are they? A year ago, *Sunset* asked readers to tell us their whitefly troubles and their methods of control. A hundred or so readers obliged and confirmed the whitefly's position as number-one summer nuisance—on some plants, in some areas. The readers speak for themselves in the quotes on these pages. Collectively, our readers didn't come up

with any single sure-fire whitefly whammy. A large bloc endorsed several chemical controls. Smaller blocs liked a few mechanical or biological controls. You can see a summary of what they

"Something must be found to control whiteflies or I will give up gardening."

told us in the chart at lower right.

Where the letters come from tells us something more—the warmer the winters, the more troublesome are the whiteflies. Slightly more than half of the whitefly-trouble letters came from Southern California. About one-third were from low-elevation communities of northern California. And about one-tenth were from the Pacific Northwest. The others came from elsewhere.

Greenhouse keepers in all kinds of climates can have troubles with whiteflies. If you have a greenhouse without them, count your blessings and watch each plant that you bring in from elsewhere to see that it isn't carrying the founding fathers and mothers of a new whitefly colony.

Even in mild-winter regions, whiteflies don't necessarily come with the mortgage. They may almost destroy their favorite plants in one garden, but a mile away the same plants may have only a few of the creatures—a small group that you can ignore. The difference lies in the absence or presence of the many insects and spiders that kill whiteflies.

Nonedibles that whiteflies favor most: fuchsia, geranium, lantana, chrysanthemum, iris, dahlia, abutilon. Favorite edibles: tomatoes, squash, cucumbers, melons, beans.

About the controls chart. All the products in the *chemicals for nonedibles* section except SBP-1382 are systemic—they get into the plant's system and kill sucking insects by way of the juice they suck. Sometimes, a systemic can rid a plant of whiteflies with just one application. *Never use a systemic on plants with edible parts.* SBP-1382 is a chemically produced version of pyrethrin (which comes from plants) but the U.S.

"Malathion—bah! They just bathe in it."

government does not now allow it to be labeled for use on edible plants.

The most popular *control for edible plants* was liquid dishwashing soap. (Recipes ranged from a tablespoon to a cup of liquid dishwashing soap per gallon of water.) Pyrethrin is made from a kind of daisy flower and is safe to use on edibles. Methoxychlor is the last of the popular chlorinated hydrocarbons (DDT family) still available to consumers; it never received any bad marks. Thiodan is of the same group but more obscure; a Northwest manufacturer offers it for whitefly control.

The two *mechanical methods*—vacuuming and singeing with a burning-newspaper torch—work only on the flying adults. Jar the main stem of the plant, making as many adults fly as possible, and then either suck them up or fry them in mid-air. Some vacuums have enough power to suck in flying whiteflies from several inches out, but others are so low-powered that catching them

"In desperation I decided the lantana had to go."

is almost hand-to-hand combat, grossly inefficient.

The last category—biological methods—is a mixed bag.

Encarsia formosa has potential. It's a very tiny wasp that lays eggs in the scale stage of whiteflies; later the adult wasp escapes from the then-dead whitefly pupa. If you see whitefly scale that are shiny black, cherish them—each contains the egg or larva of an *Encarsia*. The whitefly organism is dead and it will soon release one more good *Encarsia* to go lay the fatal eggs in some more whitefly organisms. Tan ones are almost as good—they have been fed upon by *Encarsia* wasps.

Encarsia exist in nature (if they didn't, we'd all be up to our necks in whiteflies). Additionally, you can sometimes get

"Have you tried a vacuum cleaner?"

starts from biological control suppliers. Vita-Green Farms, Box 878, Vista, Calif. 92083, sells them when they can collect them; send a stamped, addressed envelope to that firm, asking if they have *Encarsia* available. Rincon-Vitova, Box 95, Oak View, Calif. 93022, will be selling the creatures next spring.

Shoofly plant (*Nicandra physalodes*) is about in the same class as a good-luck omen. It's a gangly, spreading, 4-foot-high annual that supposedly repels whiteflies. The best that any West Coast botanist would say for it was that it doesn't get whiteflies itself. Its devotees (there aren't many) say that it actually does keep whiteflies away from nearby plants.

The importance of repetition. To be effective, certain products and methods listed here must be applied or used in two or three applications *five to seven days apart:* SBP-1382, soap or detergent, Pyrethrin and Allethrin, Methoxychlor, Thiodan, vacuum cleaner, and newspaper torch. □

*Dots indicate which controls are effective on the different whitefly life stages. Controls in each category are listed in order of reader preference. *Orthene came on the market since our survey*	EGGS AND CRAWLERS	EARLY SCALE	LATE SCALE	PUPAE	ADULTS
Chemicals for nonedibles					
SBP-1382 (Resmethrin)	●	■	●		●
Cygon (Dimethoate)	●	■	●		●
Di-Syston (Disulfoton, Thiodemeton)	●	■	■		●
Meta-Systox-R (Oxydemeton-methyl)	●	■	●		●
* Orthene (Acephate)	●	■	●		●
Controls for edibles or nonedibles					
Soap or detergent	■	■			●
Pyrethrin and Allethrin	■	●	●		●
Methoxychlor	■	■	●		●
Thiodan (Endosulfan)	●	■	●		■
Mechanical methods for edibles or nonedibles					
Vacuum cleaner					●
Newspaper torch					■
Biological methods for edibles or nonedibles					
Encarsia		■	●	●	
Native spiders and insects	●	●	■	●	■
Shoofly plant					●

TERRY FREDRICK
Dean of puppetry *in Southern California, Harry Burnett started Los Angeles's first puppet theater in 1941. He makes and sells these marionettes, teaches advanced workshops*

Puppets in Los Angeles are serious (?) business

Here is what you can see and where and when

Puppets may be just for fun elsewhere, but around Los Angeles they are serious business as well.

One lure is Hollywood and the hope of making it big in motion pictures or television. And some do make it big financially, particularly in television commercials. Also, UCLA is one of only two universities in the nation offering a master of fine arts degree in puppet theater (the other is University of Connecticut). As a result, nowhere else in the West will you see the diversity of puppet theater available here. And Los Angeles puppeteers often put on innovative and sophisticated performances, with an adult audience as well as children in mind.

While Southern California has only one permanent puppet theater, you'll find puppeteers appearing almost every weekend at theme parks, community fairs and festivals, shopping centers, libraries—and occasionally at colleges and legitimate theaters. Some also travel—alone or with a touring company—to perform in other parts of the West. And this month many will be teaching or performing at the National Puppetry Festival in San Luis Obispo, California.

Here we list a sampling of puppet events, including those on the travel itineraries of some of the area's best-known puppeteers. To find out about other puppet

Bob Baker, *right, performs under tents while traveling or in his own Los Angeles theater. You can see his revue-type show at several California county fairs this month*

BILL ROSS

Giant rod puppet *of Father Serra and giant hand puppet of bear are in Betsy Brown's and Bill Sousa's show about early California*

With wood dough *and neoprene, Rene fashions marionette heads for characters in bilingual show called Domingo on Southern California TV*

events, check in your local newspaper under calendar listings of children's shows (disconcertingly for puppeteers, even adult shows are often listed under children's events).

Another way to find out about puppet activity is to join one of the 12 puppetry guilds in the West (you don't have to be a puppeteer) and receive its newsletters. For addresses, send a stamped, self-addressed envelope to Puppet List, *Sunset*

Muppet-type *hand puppet, worked by Tony Urbano, tries to make a friend. Urbano will put on a marionette show this month in Laguna Beach*

Jetliner *pilot Jim Gamble carries his act in a trunk and performs where he flies. Here he demonstrates a surfer marionette*

Portable puppet theater . . . it's hung from the puppeteer's big sombrero

1. *Scarf attached to sombrero ties under her chin to secure "roof" of portable theater. Her hand puppets dangle from braid-trimmed harness she's wearing*

2. *Black veil, fastened under brim, pulls over her face as background for show. She can see the audience but they can't see her*

Magazine, 3055 Wilshire Blvd., Suite 660, Los Angeles 90010.

Five types of puppets —from brown bags to Big Bird

If you look in on some shows, you'll quickly find that there is more to the art than just hand puppets and marionettes. There are actually five basic kinds of puppets with many variations of each. Sometimes a puppeteer may use all five kinds in one production.

Hand puppets, the introduction to puppetry for most youngsters, can be made of something as ordinary as a brown paper bag. More complicated versions, like some of the Sesame Street Muppets, require three hands to operate.

Rod puppets have a rod inside the body to control movement. The rod may also have levers that move the head and arms. Sometimes three rods are used—one inside the body, and two outside to control the hands.

Perhaps the most sophisticated rod puppets are those of the Japanese puppet theater, *bunraku*. A puppeteer and his assistants, all dressed in black and in view of the audience, operate 4-foot-tall puppets. Major figures require three manipulators.

Shadow puppets are also operated by rods. The flat figures are traditionally cut from leather in incredibly intricate designs. The figures are then projected on a screen lighted from behind.

String puppets or marionettes are usually jointed in numerous places and carefully balanced. As many as 24 strings attached to hand controls enable the puppeteer to move every part of the puppet's body from its fingers to its eyes, and sometimes even its costume.

Life-sized puppets are harder to define. One of the best known today is Sesame Street's Big Bird. The difference between wearing a costume and "operating" a life-sized puppet, explains one puppeteer, is that the person inside totally assumes the puppet's character while a person in a costume may not.

Occasionally you'll see hybrid puppets that combine hand and rod or hand and marionette features. And some puppeteers have even adapted modern technology to their technique: We know of at least one marionette that is run by a computer. To see it in action, look for Rene and his Artists at the National Puppetry Festival.

National festival this month

From August 14 to 19 the Puppeteers of America will hold their 38th National Puppetry Festival at California State Polytechnic University in San Luis Obispo.

There will be eight afternoon and evening performances for the public before, during, and after the festival. Single tickets are $3 for adults, $2 for children; series tickets are available at a discount. For details, telephone the festival chairman at (213) 797-5748 before August 7 or the festival office on campus at (805) 546-2486. Along with American performers, troupes from Canada, France, Germany, Israel, and Russia will present their acts.

You can also see an exhibit of puppets from all over the world and visit an exchange where you can buy puppets (some made by well-known puppeteers) along with books, supplies, and posters. Both are in the University Union, open 9 to 9.

For more serious students of puppetry, a registration fee of $55 includes admission to performances and workshops as well. To receive registration information, write to Gayle Schluter, 5 Crickle-

Clippo *(left) is a polka-dotted marionette who works his own little marionettes. Virginia Curtis (seen in both pictures) developed him for commercial manufacture in the 1930s. She now teaches at her Puppet Theater Workshop (above) in Sierra Madre*

JERRY FREDRICK

3 • *Portable puppet theater is ready to put on its show when heavy corduroy curtain, attached to top of sombrero, is in place; opening cutout is the "stage." Puppeteer has both hands free to work her hand puppets. Sombrero was strengthened with three coats of oil-based paint for this act*

4 • *When the show's over the puppeteer can reach out of the face-high opening for a bravo handshake*

wood Path, Pasadena 91107; enclose a stamped, self-addressed envelope.

Four other Southern California events

UCLA. An evening of Balinese shadow plays on August 5 at 9 in the Sunset Canyon Recreation Center; free. Bring a cushion to sit on the grass.

Hollywood Bowl Open House. Free shows in special performance areas at 9:30 and 10:30 A.M. Teatro de los Puppets (Betsy Brown and Bill Sousa) appear August 1-5; the Bob Baker Marionettes, August 8-12. Telephone (213) 972-7200, ext. 826, for details.

Laguna Beach Festival of Arts. Tony Urbano and his marionettes will perform "Mediterranean Holiday" through August 28. Shows are at 1:30, 3, 4:30, and 7:30 daily, also at 6:30 Saturday and Sunday. Cost is $1 per person at the door.

Balboa Park Puppet Theater. San Diego Guild of Puppetry members give half-hour shows at 1:30 and 2:30 every Friday, Saturday, and Sunday through September 5. Admission is 50 cents per person at the theater.

Puppet theaters around Los Angeles

Bob Baker Marionette Theater is a permanent puppet theater; the current show is "Something to Crow About," a barnyard revue featuring hand, rod, and string puppets. Shows are presented Saturday and Sunday at 2:30 (also at 10:30 A.M. on August 17, 18, 24, and 25). Admission, $3.50 for adults and $2.50 for youngsters aged 2 to 17, includes the show, refreshments, and a tour of the workshop. The theater is at 1345 W. First Street. Call (213) 624-3973 for reservations.

The Puppet Theater Workshop is at 30 N. Baldwin Avenue in Sierra Madre. From October through December, a different member from either the Los Angeles or San Diego puppetry guild performs each Saturday at 2. Admission is $1 per person. Call (213) 355-3811 for reservations.

Puppeteers on tour—San Bernardino to Vancouver

In the Los Angeles area

Rogers Barnes will perform with marionettes from September 3 to October 2, on Saturdays and Sundays at 1:30 in the Rancho Park Children's Theater, 10303 W. Pico Boulevard, Los Angeles (call 213-654-6520 after 6 P.M.).

Mitchell Marionette Productions will perform in Huntington Beach at the Huntington Beach Center on November 25-27, December 1-4, 8-11, and 15-21.

Betsy Brown and Bill Sousa will use life-sized puppets for Carnival of the Animals, a Saturday morning performance with the Los Angeles Philharmonic Orchestra at the Music Center on March 18, 1978. It's not too early to make a reservation (last year's show was sold out four months in advance). Telephone (213) 972-7311.

Around California

Bob Baker Marionettes will be in Sonora at the Mother Lode Fair, August 4-7; in Quincy at the Plumas County Fair, August 10-14; in Monterey at the Monterey County Fair, August 23-28; in Watsonville at the Santa Cruz County Fair, September 14-18; in Bakersfield at the Kern County Fair, September 22-October 2; in Fresno at the Fresno County Fair, October 4-16.

Vivian and John Brunner will perform with marionettes in El Cajon at the Parkway Plaza shopping mall, August 18-20; in Victorville at the San Bernardino County Fair, August 22-28; in Lancaster at the Antelope Valley Fair, August 31-September 5; in San Bernardino at Central City Mall, September 15-18; at Tulare County Fair, September 20-25; in Campbell at West Valley College, October 1.

Bruce Schwartz will perform puppet theater for adults at the Civic Arts Gallery in Walnut Creek as part of a major puppet exhibition from November 11 to December 30 (his performance date was not set at press time). He'll also be at the Company Theater in Los Angeles in December; (213) 274-5153.

California and beyond

Shari Lewis will perform with Lamb Chop and other hand puppets at the Montana State Fair in Great Falls, August 2 (7 and 9 P.M.); at the Pacific National Exposition in Vancouver, B.C., August 22 (at 11 A.M.); at the Fresno County Fair, October 8 (5 and 8 P.M.).

Jim Gamble and his marionettes will be in Washington: at the Sumner Community Fair, August 5; in Stanwood at the Camano-Stanwood Fair, August 5-7; at the Kirkland Shopping Center in Kirkland, August 12-13. In Las Vegas at the Boulevard Mall, August 25-27; in Rolling Hills Estates, California, at the Empty Saddle Club for the city's birthday celebration, September 24; in Honolulu at the Ala Moana Shopping Center, September 15-17.

Tony Urbano will perform "Clowning Around," a show of marionette tricks, in Boise at the Idaho State Fair, August 27-September 4; in Ventura at the Ventura County Fair, October 4-9; in Bakersfield at the Valley Plaza Shopping Center, December 9-18.

Daniel Llords with his music and marionettes for adults will appear at the Theater Vanguard in Los Angeles, (213) 276-9987, September 14-17; and at community subscription concerts in Port Townsend, December 12, and Pasco, December 13, both in Washington. □

Select *garden greenery (above, juniper; at right, acacia) for shape, texture, color, and long life*

Spouting berries *finish raffia-wrapped teapot*

Intertwining *ivy and candytuft start a small wreath*

Apple branches and rope *enclose a wine bottle; jute and a plant sprig surround a can of tennis balls; twine, maple leaves, marigolds, and New Zealand tea tree flowers lend an artless grace to the boxed packages*

PETER O. WHITELEY

Japanese gift wraps use flowers, leaves, stems

Craftsmen of old Japan developed an art, called *tsutsumu*, of wrapping gifts with the simplest products of nature. They felt that a beautiful package was as gratifying as the present itself.

Today that viewpoint still has merit. Using utilitarian materials from your house and trimmings from your garden, you can create a gift wrap that is fresh, attractive, and virtually free of cost.

For the packages shown here we began with grocery bags, plain paper, jute, twine, rope, and raffia. Everything else was gathered from the garden: leaves, flowers, berries, branches, and thistles.

Here's one time when procrastination pays off: Although many types of foliage will stay fresh for several hours, it's best to do your wrapping at the last minute. Choose fleshy or woody materials for greatest staying power. □

All dog food in a bag is not the same.

Ordinary dry food is hard and crumbly.

New Tender Chunks is tender and chewy.

Introducing Ken-L Ration Tender Chunks. It's so tender you can cut it with a fork.

It's tender and chewy.
Cut Tender Chunks with a fork, and you'll see why dogs like it so much. It's tender. It's chewy. Not hard and crumbly like ordinary dry dog food. And when we say dogs like it, we're not just guessing. We tested it.

Dogs prefer it 3 to 1.
Dogs like yours. In homes like yours. They preferred Tender Chunks by 3 to 1 over the leading dry dog food. Dogs love it, and it's good for them. It's a full meal, with all the nutrition a healthy dog needs every day.

In 5, 10, and 20 pound bags.
So you don't have to give up the bag to give your dog a food he really likes. Let him choose—hard and crumbly from a bag, or tender and chewy from a bag. We bet he goes for new Ken-L Ration Tender Chunks.

New Tender Chunks

STORE COUPON

2019

Save 50¢
on New Ken-L Ration Tender Chunks

GROCER: As our agent, you may accept this coupon from retail customers only on the purchase of Ken-L Ration Tender Chunks. We will pay you 50¢ plus 5¢ handling for each coupon so redeemed. Any other use may constitute FRAUD. Proof of purchase must be submitted upon request. This coupon is void if taxed, licensed, restricted, or wherever prohibited by law. Consumer must pay any sales tax. OFFER LIMITED TO ONE COUPON PER PACKAGE. SEND TO: THE QUAKER OATS COMPANY, P.O. BOX 4106, OAK PARK, ILLINOIS 60303.

STORE COUPON

50¢ 2019 Coupon Expires June 1, 1978 **50¢**

The stains *are surface stains and the worst areas aren't too badly worn, so refinishing seems feasible*

Years of wax buildup *disappear beneath the drum sander. Note how the operator is overlapping the newly surfaced floor by about half the drum width*

Use *an orbital edger to sand close to walls where larger machine can't reach*

Seal off *other parts of the house with plastic sheets; use them to protect bookcases, flocked wallpaper*

Fill *cracks exposed by the sanding with hardwood floor putty; resand floor when it dries*

Hardwood floor refinishing ...a $750 job for $95

With the cost of professional hardwood floor refinishing running about $1.25 per square foot, many home owners are doing the work themselves. It's a four-day job, but if you do each step conscientiously you can end up with a professionally smooth and gleaming refinished floor at bargain rates.

First examine your floor carefully. Are there deep stains or gouges? Or has it been refinished before? If so, better leave it to the professionals. Parquet floors present special problems, and are likewise not for novices.

If you decide to proceed, set the date well in advance. You'll need time to line up rental equipment and arrange for someone to help you—refinishing is hard work that goes much faster when two work together.

What will the cost be? We refinished a 600-square-foot floor for $95, of which $35 went for tool rental and $60 for the polyurethane finish and supplies.

Tools and supplies. You'll need a drum sander, an edging sander, sandpaper for both machines (36, 50, and 80 grit), and a vacuum. Arrange to rent the sanders in advance; some companies require deposits to hold them, so be sure to inquire. At pickup time, have the rental agent show you how to use them and how to change belts or disks. Be sure dust bags are free of holes and properly attached.

You'll also need plastic sheets, masking tape, knee pads, a face mask, a hand scraper, 36, 50, and 80-grit sandpaper, 00-grade steel wool, a slow-drying hardwood floor putty (available at hardwood floor dealers), wood sealer, polyurethane finish, and good paintbrushes.

Preparation. Begin the evening before. Remove all furniture, rugs, and draperies from the room. Remove the base shoe (the small molding at floor's edge) or the baseboard if there is no shoe. Vacuum

Hand scraper *removes swirl marks left by the edger. Also use it to remove finish where machines can't reach*

Before applying *final finishing coat, smooth any rough spots, then vacuum and damp-mop to remove dust particles*

PETER O. WHITELEY

Once again, *the refinished floor displays its handsome wood grain. For a week after the job is done, don't drag anything over the floor or place heavy, small-footed objects on it*

the floor and set up lights to illuminate your work area.

Sanding. Begin sanding in an area that's not seen when furniture is in the room. Tilt the machine back so the drum is off the floor, turn it on, and gradually engage the drum as you move forward. Sand with the grain of the wood and don't stop moving unless you first lift the drum off the floor. Let the weight of the machine do the work; pushing or rocking leaves gouges.

Start with the coarsest paper and sand the whole room. Use the edging sander to get close to the walls. (It leaves swirl marks that have to be scraped out by hand, so use it sparingly.) Change to the next finer grade and repeat the process with both sanders, until you've used the finest grade paper.

If you have grooved plank floors, try scraping the finish off the grooves with an old-fashioned V-shaped can opener.

Vacuum after each sanding and empty the dust bag often, but not directly into a garbage can. Varnish and wax residue can cause the dust to smolder and catch fire, so spread it out on the driveway to cool before throwing it away.

When machine sanding is completed, scrape and hand-sand all scratches and swirl marks. Wiping these spots with a damp rag first raises the wood grain and facilitates scraping. Fill any cracks or nail holes with the floor putty.

Finishing. Remove all plastic sheets, clean the dust off everything, and carefully vacuum the floor. If you plan to color your floor, mix the stain and sealer and apply them at the same time. (When considering floor color, remember that darker finishes show floor imperfections more than natural finishes.) Follow the manufacturer's directions, and be sure to provide adequate ventilation.

The following morning, vacuum the floor again to pick up dust that settled during the night. Then pour some polyurethane into a bucket and carefully smooth on the first coat, using a top-quality brush and going with the grain of the wood.

As you work, the brush picks up dust from the floor and inevitably contaminates the supply in the bucket. When the first coat is done, *throw away* any leftover finish; don't save it for the next coat.

After the first coat dries—about 24 hours—rub the entire floor with steel wool. Damp-mop to pick up dust, and then apply the second finish coat. When this coat dries—better allow another 24 hours at least—you can reattach the shoe or baseboard and replace carpets and lightweight furniture (but not chairs or couches; wait a few days longer before you bring these in). □

Romantic

Create a private world of day dreams and sweet dreams for your daughter with bedroom furniture styled in the charming country French tradition.

A delight to the eye. And the pocketbook. Now that many pieces in Sears exclusive Bonnet grouping are offered at this special low price.

Canopy frame, Bed and Rails. Reg. $119.90.
Three Drawer Dresser. Reg. $99.95.
Dressing Table with Vanity Mirror. Reg. $99.95.
Four Drawer Desk. Reg. $99.95.
Large Hutch. Reg. $99.95.

NOW ON SALE
$79.88 *Each*

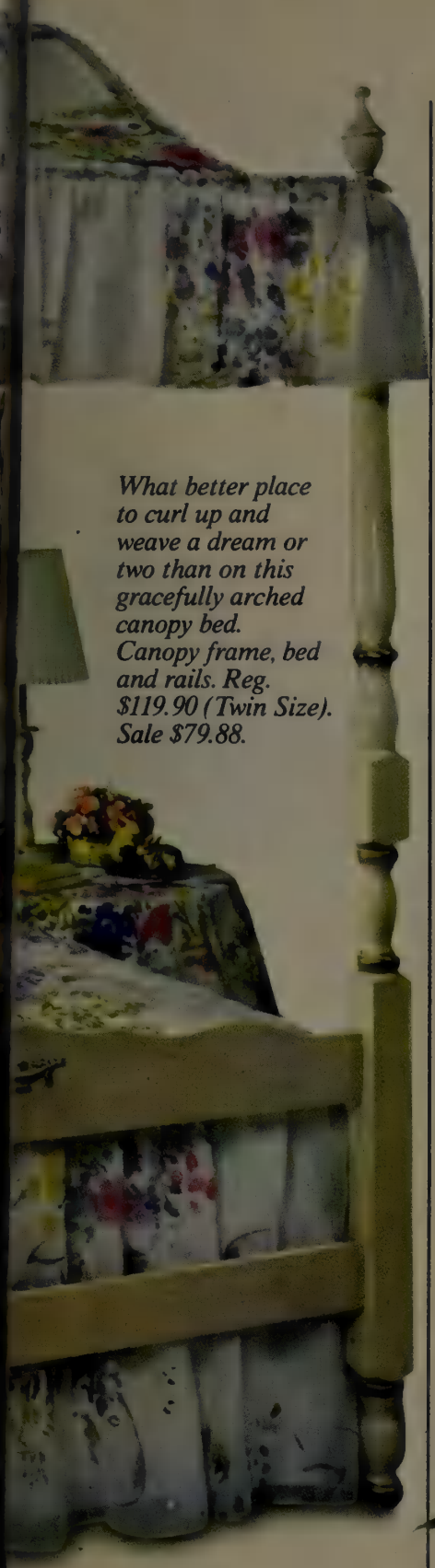
The bedroom pictured above includes many other pieces which are available at their regular price. The Bonnet lamp, for example, at only $14.99 is designed to let light shine out gracefully from a dresser top, night stand or desk.

The perfect match for a romantic mood?
Frosty pastel watercolors on the machine washable ruffle-edged canopy cover. Reg. $23.99 (Twin Size). Sale $19.99. Watercolors, too, on the top-quilted bouffant bedspread.

Machine washable. Reg. $34.99 (Full Size). Sale $24.99. Reg. $29.99 (Twin Size).

NOW ON SALE
$19.99

Practical

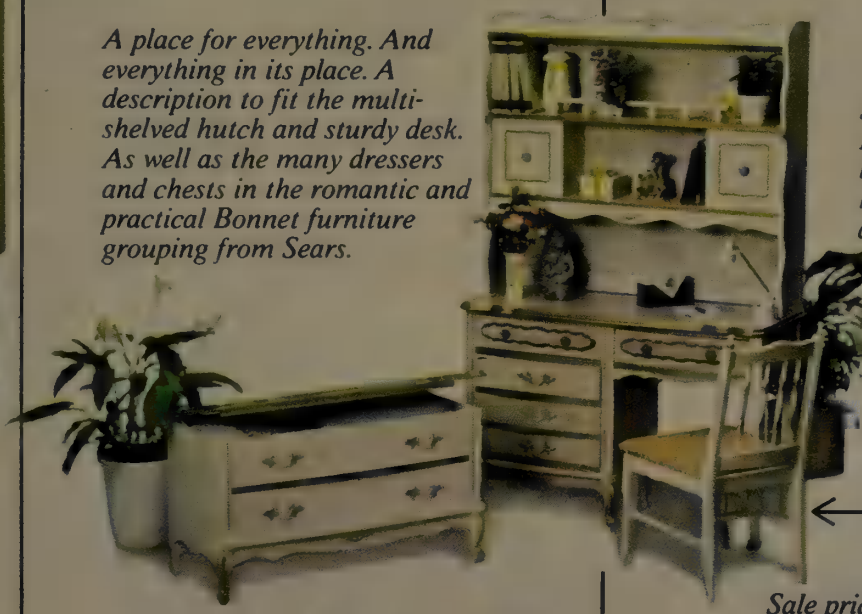


What better place to curl up and weave a dream or two than on this gracefully arched canopy bed. Canopy frame, bed and rails. Reg. $119.90 (Twin Size). Sale $79.88.

More often than not, any successful romance has a practical side. And this furniture is no exception.

The desk and all dresser and chest tops, for instance, are covered with a plastic overlay to help resist marring, scratches and stains. Joints are securely glued then stapled or screwed into place. And the finish? Delicate. Antique white decorated with bands the color of old gold. And deceptive. All pieces are treated with a five-coat finish. For easy cleaning.

A place for everything. And everything in its place. A description to fit the multi-shelved hutch and sturdy desk. As well as the many dressers and chests in the romantic and practical Bonnet furniture grouping from Sears.



Solid pine. Hardwoods. Light-weight fiber-board drawer fronts. And heavy-duty hardboards are specially chosen and used where they are needed most for strength, durability and support. The desk chair is solid pine, for example, because it gets solid use day in, day out.

Favorite toys find ample room to hide out along with spare linens and clothing in the lovely storage chest.

Sale prices in effect from July 24 through August 20.

Available at most Sears larger stores. All prices higher in Alaska and Hawaii.

The Normandy Village Collection. Only at Sears

© Sears, Roebuck and Co. 1977

subtle

$649.00

Save over $150 on a sleek three-piece sectional regularly priced at $799.95.

Available in the creamy, beige-toned plaid upholstery shown below. Or in eighteen other popular fabrics.

Underneath it all. Many other good things.

Kiln-dried, all-wood frame construction. Dowelled and double dowelled joints. Corner bracing. No sag base construction. And padded arms. The seat cushions? Five inch thick polyurethane foam. Loose pillow back cushions.

Also on sale. The three-piece sectional with convenient sleep sofa. Reg. $919.95.

NOW ON SALE

$749.00

The classic lines of a Chinese ginger jar translated into a classic contemporary lamp with a subdued marbleized or solid color ceramic base. Including crisp, pleated shade. Reg. $29.99.

NOW ON SALE

$24.99

Available at most Sears larger stores.
All prices higher in Alaska and Hawaii.

Design tables with long, lean and crisp lines and you clearly see the beauty understatement brings to a living room. The three shown on this page were created exclusively for Sears, exclusively to achieve this special effect.

The simulated wood slats on top support glass inserts. All frames and legs are fiberboard, engraved to look like oak. This finish is one of the most popular. And it's lacquered to a mellow sheen.

End, lamp and cocktail tables reg. $119.95 each.

NOW ON SALE

$99.88

Spread rich, glowing color wall to wall with Sears glorious Enduring Beauty carpeting.

This lush, tone-on-tone, textured plush pile carpeting is 100% nylon. The most durable carpet fiber.

Just as important. The nylon pile is two-ply and heat-set to help retain resiliency under heavy traffic.

Moreover. Enduring Beauty is inspected 120 times during the manufacturing process to meet Sears strict quality control standards. It's treated with Scotchgard® Brand carpet protector. Then given a static control treatment.

Enduring Beauty. An enduring value in twenty colors. Reg. $13.99 a square yard. NOW ON SALE

$11.99

Color the wind bright and breezy with these fashionable textured open weave draperies. Now only $9.99 a pair (48-in. x 84-in.). These machine washable pinch-pleated draperies bring style and grace to a living room. Dining room. Den. Most any room.

Available in eleven colors (all colors not available in all stores). At a regular price of $12.99 a pair.

NOW ON SALE

$9.99

Sale prices in effect from July 24 thru August 20.

VIBRANT

The Normandy Village Collection. Only at Sears

© Sears, Roebuck and Co.

Beautiful

The pure curves and simple lines of classic bentwood furniture inspire a dining table and chairs that blend gracefully into most any decorating scheme.

Sears version is up-dated to feature a matte finish with scratch and mar-resistant table top. And a practical bumper edge. Chairs come with washable vinyl seats padded with urethane foam. Both table and chair frames are constructed of white-painted tubular steel for strength and durability.

Table (with one leaf) and four chairs reg. $229.95.

NOW ON SALE

$179.00

Strawberries border creamy cafe curtains of 50% polyester and 50% rayon. Ruffled valance and swag. Machine washable. Reg. $4.99 per pair (24-in. x 72-in.). Sale $3.99.

Sunny, country placemats. Luscious linen-look in 50% cotton and 50% polyester. A beautiful regular price of $2.49 each.

Luscious strawberries and rich green leaves on a bed of creamy stoneware create dinnerware as lovely as a country summer. And Sears stoneware is durable. Chip resistant. Dishwasher safe. Beautiful.

Forty-five piece set reg. $69.99.

NOW ON SALE

$49.99

Strawberries bloom and grow on accessories that blend with Sears Berry Band pattern. The forty-five piece Berry Band set reg. $49.99. Now $39.99. Accessories at regular price.
Set of four mugs. $11.99
Individual Casserole. $5.99
Set of four Canisters. $29.99
Casserole with Stand. $19.99
Platter. $14.99
Three-piece Ovenware set. $19.99

Useful

Strawberries at regular price:
Kitchen Towel. $1.79
Dishcloth. $1.19
Heat-resistant Pot Holder. $1.19
Quilted Toaster Cover. $3.49
Quilted Mixer Cover. $5.49
Apron. $6.99
Quilted Hot Handler. $3.49
Oven Mitt. $1.99

Drape your table with strawberries on a creamy tablecloth. Perma-Prest® fabric. Machine washable. Reg. $11.99 (52-in. x 70-in. rectangle or oval). Sale $9.99. Set of 4 dinner napkins reg. $5.99. Sale $4.99.

Sale prices in effect from July 24 through August 20.

Available at most Sears larger stores.
All prices higher in Alaska and Hawaii.

The Normandy Village Collection. Only at Sears

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Medley Garden Perma-Prest® percale sheets. A smooth blend of 50% cotton and 50% polyester. Four tranquil colors also available in coordinating Medley Solids, Plaids and Etchings. Reg. $4.99 (Twin Size). Now only $3.99. Reg. $5.99 (Full Size).
NOW ON SALE
$4.99 *comparable values in king and queen sizes.*

Medley Garden Perma-Prest pillow sham. A durable blend of 50% cotton and 50% polyester. Machine washable. Reg. $7.49 (Standard Size).
NOW ON SALE
$6.49

Medley Garden Perma-Prest percale comforter. Cover woven of 50% cotton and 50% polyester. Dura-Puff® polyester fill won't lump or shift. Reversible to solid blue. Machine washable. Reg. $29.99 (Twin Size). Now only $25.99. Reg. $32.99 (Full Size). *NOW ON SALE*
$28.99

Restful

Sears brings the colors of a drowsy summer sky down to earth and creates a tranquil medley of blues and whites for sheets, pillow shams, comforters and dust ruffles.

All in all, a fragrant garden of color for a peaceful earth-bound bedroom.

Medley Garden Perma-Prest dust ruffle. 14-inch flounce. Woven of 50% cotton and 50% polyester. Machine washable. And the perfect finishing touch for a restful summer sky bedroom.

Bright, beautiful 100% cotton Stained Glass towels. One side looped for absorbency. The other sheared velour for softness. Five color combinations. Reg. $5.49 bath size.
NOW ON SALE
$3.99 *Model shown in supersize towel.*
All sizes on sale.

Bright and shiny. That's a 100% vinyl Stained Glass shower curtain. In five different color combinations. Reg. $9.99.

NOW ON SALE **$7.99**

Stained Glass meets its match with colorful furry-soft Prr-e-Soft bath rugs and carpet. 100% Dacron® polyester pile. Backed with cushion-grip latex. Carpet reg. $24.99 (5-ft. x 6-ft.). Now $19.99. Rug reg. $5.49 (24-in. x 36-in.).

NOW ON SALE

$3.99

colorful

Take the bold approach and give your bathroom a brilliant new lease on life with Stained Glass from Sears.

The Normandy Village Collection. Only at Sears

© Sears, Roebuck and Co. 1977

Sale prices in effect from July 24 through August 20.

Available at most Sears larger stores.

All prices higher in Alaska and Hawaii.

delightful

Wash your bathroom with the fresh and lovely Watercolor Floral pattern from Sears.

Double ruffle-edged shower draperies woven of semi-sheer 100% polyester batiste. With ruffle valance and tie-backs. All machine washable. Comes with white vinyl liner. Reg. $19.99.

NOW ON SALE

$15.99

Matching window curtain available.

Gentle watercolor patterned towels. Looped for absorbency on one side. Sheared for softness on the other. All sizes on sale. Bath towel reg. $3.99.

NOW ON SALE

$3.19

Coordinate the cheerful watercolors with subtle multi-toned 100% polyester pile on a 2-piece tank cover, lid cover and bath rug (24-in. x 36-in.). Four-piece set at regular price of $12.99.

Inspiring

The Normandy Village Collection. Only at Sears

© Sears, Roebuck and Co. 1977

Pinch-pleated Perma-Prest® percale draperies. Woven of 50% cotton and 50% polyester. Foam backed for insulation. Machine washable. Reg. $19.99 a pair (50-in. x 84-in.). NOW ON SALE

$15.99

Breezy 100% polyester batiste semi-sheer panels. Perma-Prest fabric is machine washable. Reg. $5.99 per panel (40-in. x 84-in.).

$4.99 *NOW ON SALE*

Watercolors swirl across a classic ginger jar lamp. The topping? A frosty white pleated shade. Reg. $39.99.

$34.99 *NOW ON SALE*

Watercolor Floral Perma-Prest percale sheets. 50% combed cotton and 50% polyester. Reg. $5.99 (Twin Size). Sale $4.49. Reg. $6.99 (Full Size).

$5.49 *NOW ON SALE*

Comparable values on queen and king sizes, too.

Ruffle-edged pillow sham. Perma-Prest cover of 50% cotton and 50% polyester. Machine washable. Reg. $7.49 (Standard Size). NOW ON SALE

$6.49

Fluffy reversible comforter. Perma-Prest percale cover of 50% cotton and 50% polyester. Dura-Puff® polyester fill won't lump or shift. Machine washable. Reg. $29.99 (Twin Size). Sale $25.99; Reg. $32.99 (Full Size). NOW ON SALE

$28.99

Quilted throw-style bedspread. Perma-Prest fabric of 50% cotton and 50% polyester. Puffy polyester fill. Machine washable. Reg. $26.99 (Twin Size). Sale $16.99. Reg. $29.99 (Full Size). NOW ON SALE

$19.99

Ripple-style Perma-Prest eyelet ruffle. 14-inch flounce. Woven of 50% cotton and 50% polyester. Lace trim 35% cotton and 65% polyester. Machine washable. And the perfect complement to all our watercolors.

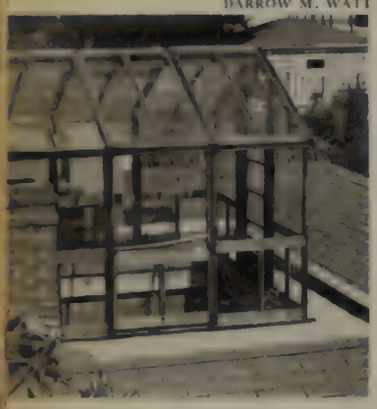
Sale prices in effect from July 24 through August 20.

Available at most Sears larger stores.
All prices higher in Alaska and Hawaii.

Their old courtyard now has a greenhouse on top

Greenhouse *pops up above remodeled courtyard to admit the sun's warmth while keeping out the elements*

DARROW M. WATT



Narrow *tar-and-gravel roof fills space between greenhouse and existing shingled roof*

The old enclosed courtyard was seldom used—dark, damp, walled off from most of the house, and exposed to the weather.

But now it's the bright and warm heart of the house, bringing the sun's light and heat to the surrounding rooms through French doors that help tie separate wings of the house together

Redwood decking atop 2-by-8 joists raised the courtyard floor by 2 feet, bringing it level with the other rooms and lifting plants and occupants a bit closer to the sun. The old stucco walls have been refinished with redwood planks. And above it all rises a standard wood-frame greenhouse grafted onto the roof of the house, creating a weather-protected atrium where plants prosper.

For much of the year, the courtyard is now a protected extension of the living area—breakfast nook, play area, and wide passageway from room to room.

The existing roof opening was made slightly smaller to fit around the largest ready-made greenhouse, 9 by 12 feet (about $650). Its frame sits atop 4-by-12 rafters supported on 6-by-6 posts. A plastic drain pipe carries rainwater off the tar-and-gravel roof extension, down through a corner of the courtyard, and away under the house.

In cool weather the greenhouse lets in the sun's radiation while helping to trap the warmth it generates. The glass-panel French doors to the courtyard must be closed at night to keep the heat in the house; together with the greenhouse they provide a partial double-glazing effect.

In warmest weather the greenhouse door and vents can be opened to help set up a current of rising heated air (the "chimney effect"); this helps pull cooling air currents through the rest of the house.

Part of a larger remodel, the greenhouse-topped courtyard was designed by architect Thomas K. Butt/Interactive Resources for Ted and Barbara Cohn of Kensington, California. □

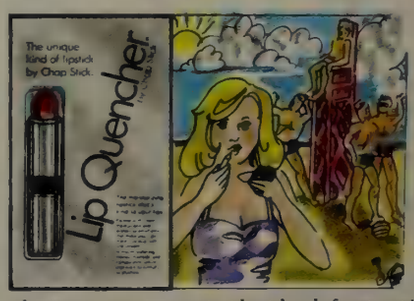
Advertisement

Dollar's Worth from Mary Willis

The hot summer sun can actually do more damage to your lips than a freezing wind. So it's a good idea to keep a lot of **Chap Stick® Lip Balm** on hand for your whole family. It shields lips from the sun and hot parching winds. It helps retain lips' natural moisture. And it even helps heal and soothe lips already burned by the sun. So don't let anybody go out in the sun without the protection of **Chap Stick Lip Balm**.

If you've been looking for a quality shampoo to clean your pet and provide some relief from the hot weather, **Sergeant's®** has three excellent products to choose from. If your dog skips over hill and dale, try **Sergeant's Skip-Flea® Shampoo**. It not only cleans and deodorizes, it kills fleas. For a rich glossy coat, extra luxurious **Creme Shampoo** is the answer. Finally, if your dog is shaggy, **Anti-Tangle® Shampoo** makes bathing easier because it helps prevent tangling and matting while cleaning. To keep your dog clean and healthy looking, use the right shampoo from **Sergeant's**, the pet care people.

Face Quencher,® the unique moisturizing makeup from Chap Stick,® comes in a fantastic transparent shade that's perfect to enhance a beautiful summer tan. It's Clearwater Natural. It gives your face a healthy, beautiful glow without adding color. And like the 7 other Face Quencher Makeup shades, it's so soft, so sheer, so comfortable—it's like wearing no makeup at all. **Face Quencher** moisturizing makeup, it's a natural for a beautiful summer.



Summer is a great time for Lip Quencher,® the super rich, super shiny lipstick, created by **Chap Stick.®** Lip Quencher is so rich in emollients and moisturizers that it helps keep your lips soft, smooth and moist even when you're out in the hot, drying summer sun. There are 24 mouthwatering shades, including four glossy transparents that look fantastic with a tan. **Lip Quencher**... pick a luscious shade for summer and splash one on.

If your dog's flea collar has been on all summer, replace it, because there's a lot of flea and tick weather left. **Sergeant's® Sentry® IV Collar** will protect your pet, your family, and your home from **Fleafestation™** and **Tickfestation.™** And it will also kill Rocky Mountain Spotted Fever Ticks. Sentry IV Collars are available in three sizes for dogs, and a special collar just for cats ... from **Sergeant's**, people concerned with the well-being of pets for over 100 years.

DOUBLE-DECKER KNOX BLOX®
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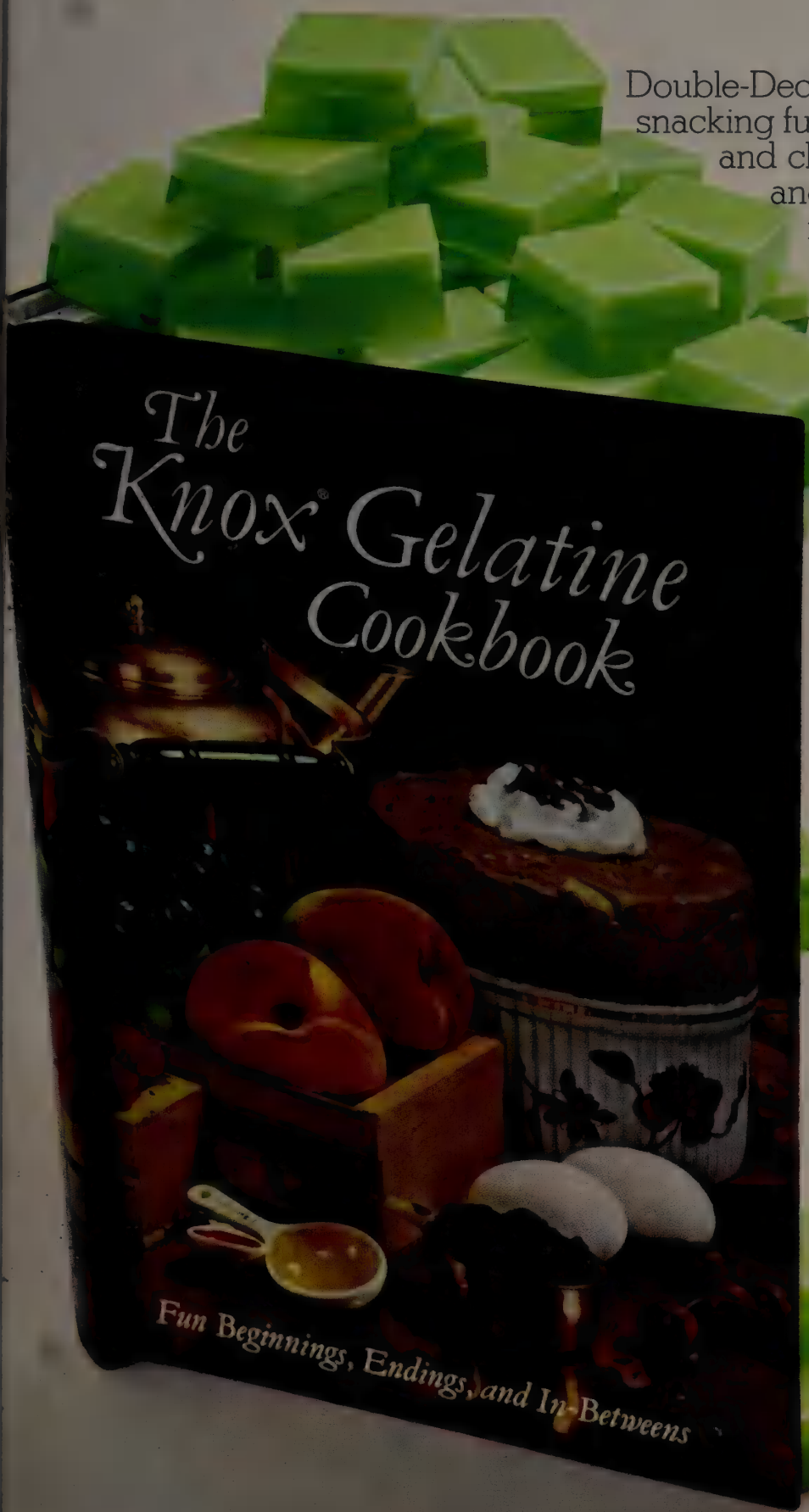

Double-Decker Knox Blox are twice the snacking fun. Because the bottoms are cool and clear. The tops smooth and creamy. A delicious no melt, no mess snack kids can eat with their fingers. And look how quick and easy they are to make.

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about 100 squares
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Things are cool at the Price residence.

Thanks to a switch to LOF Vari-Tran® coated glass.

Before Vari-Tran, the hot Texas sun streaming through 170 square feet of window area in the Price's elegant family room made it impossible to balance the air conditioning system. The temperature was so uncomfortable even the carpeting got hot.

Mr. Price, himself a custom home builder in Houston, replaced the clear glass with Vari-Tran—adding a touch of beauty, while cutting down on heat gain.

If you're building or remodeling, look into Vari-Tran. Check with the supplier nearest you (he's listed on the right), or write to Ralph Hayward at Libbey-Owens-Ford Company, 811 Madison Ave., Toledo, Ohio 43695.

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LOF

NORMAN A. PLATE

Giant letters *leave little room for doubt as to whose headboard this is*

Can you guess who sleeps here?

If there's one child who can spell her name correctly, it's 4-year-old Keri Licht. Her mother designed the bold letters above her bed and her father did the carpentry and painting.

The 39 by 60-inch headboard is made from ⅜-inch AD plywood; clear on one side (no knots), it provides a smooth painting surface. Mrs. Licht used a pencil to draw the letter on the wood, taking care that no major part was less than an inch wide (anything narrower might break off during sawing). Mr. Licht used a jigsaw to cut out the letters; when small chinks of wood fell out during sawing, he filled the holes with wood putty and sanded them smooth.

To prevent warping, he painted the plywood on both sides with a primer, then sanded lightly and put on a finishing coat of bright blue enamel.

Before attaching the headboard to the wall, he removed the floor molding to reveal the spacing of the studs. He then marked two points on the wall at a height just below where the top of the mattress would be, and drilled holes through the headboard into the studs. Two ¼ by 2-inch lag screws driven into these holes hold the headboard securely in place. □

The Changing Western Home®

GLENN CHRISTIANSEN

Homemade panels cover a 16 by 40-foot pool for less than $60

There are all kinds of pool covers on the market. They help to stop evaporation and slow heat loss; some even claim to collect solar heat. Prices vary greatly, but few are as inexpensive as these 5 by 10-foot panels made by Mrs. Peg Attwater of Carmichael, California; they cost less than $5 each.

Each panel is made with materials found in most hardware stores: 35 feet of ¾-inch PVC pipe, two T fittings, four elbows, and a 5 by 10-foot piece of black or clear 6-mil polyethylene. The plastic is held around the pipe frame with heavy duct tape. The polyethylene will deteriorate slowly in sunlight, but it can be replaced for about $1.50 per panel. When out of the water, such panels need to be stored in the shade to prevent warping.

With covers in place, and no heat added, the Attwater pool has been consistently 4° to 6° warmer than neighboring unheated, uncovered pools.

Sleeping loft opens up space for desk, toys, play

By adding this supersize shelf to one end of a 9 by 12-foot bedroom, architect Gerald Cichanski of Bellevue, Washington, created a 42-inch-wide sleeping loft with a work-play area below. Spanning the entire width of a room this way could work in many overcrowded children's rooms.

Here, a simple frame of fir 2 by 12's and 2 by 4's was screwed to the wall studs on three sides, then trimmed with 1 by 3's. An 80-inch length of ¾-inch plywood supports the mattress with room to spare, and a 4½-foot ladder provides access to the "second floor." Notched dowels projecting from the side 2 by 12's make attractive coat racks, as the closeup shows.

Swing-up hardware makes an instant worktable

We all could use a little extra work space now and then, but permanent tables and desks can be bulky space-eaters.

To answer the need for a sewing table without creating this problem, Rich Edwards of Oakland installed a pair of 24-inch-long folding shelf brackets (about $15.50 a pair at hardware stores) and added a plywood top. With the brackets screwed to wall studs and the diagonal support locked in open position, the new sewing table is strong enough to sit on. When not needed, it folds down out of the way, as in the picture above at left.

Dutch putty adheres to almost everything, has dozens of uses

Many hardware, home improvement, and paint stores in the West are carrying the bright orange containers of a handy new multipurpose adhesive filler from Holland called Porion. In the container it's a rather gritty gray paste (made from ground quartz and synthetic resins), but a small amount of water makes it smoother.

It sets without shrinking in 5 to 30 minutes, depending on temperature, humidity, and thickness. When dry, it is hard enough to sand or drill, but not brittle—allowing it to expand and contract with thermal changes. Possible uses include patching concrete, puttying windows, resetting tiles, repointing brick work, even filling damaged woodwork. Cost: about $3 for 20 ounces, $20 for 11 pounds.

Rollup shutters block light, noise, intruders

If you've ever been to southern Europe, you've undoubtedly seen buildings clad with exterior shutters like those pictured above. Now they're available in the West—in wood, vinyl, or steel-reinforced vinyl.

They can be ordered in several dozen colors, in sizes to fit new or existing windows.

When fully lowered, the shutters can totally block out all light, reduce noise, and provide some insulation (the vinyl slats are hollow). And because they stack and lock in steel tracks, they also provide extra window security.

By pulling the interior-mounted draw belts (by manual or electric cranks), you can part the slats slightly for controlled light, breeze, and views, or roll them up fully into a wood frame box above the windows.

The installed price is about $10 per square foot. For more information and dealers in your area, write to Serrande of Italy, Box 1034, West Sacramento 95691.

DON NORMARK

Fiberglass furo is a space saver

American Standard makes a small deep-soaking tub (about $625 without faucets) that takes only 40 by 40 inches—about the same space needed for a shower.

A built-in seat in the 33¾-inch-deep tub lets you submerge right up to your neck, just as in a Japanese *furo*. If each person showers before soaking, as in the Japanese tradition, the entire family can use the same water (78 gallons maximum).

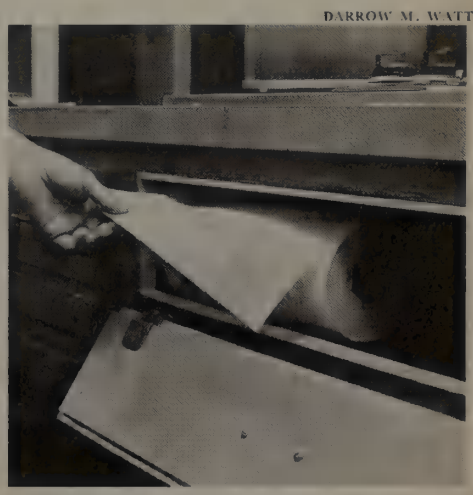
Since a total depth of 40 inches is required for plumbing, the tubs are usually fully or partly recessed into the floor for easier access. The partly recessed tub above is flanked by a cedar step-bench.

Architect Stuart Resor of Encinitas, California, designed the bathroom for Jerry and Leslie Allen of Del Mar Terrace.

Dummy drawer front conceals paper towels

Cabinetmakers often make a dummy drawer front to allow room for an in-counter cooktop. In the kitchen below, this space opens up to reveal a roll of paper towels. The space is small (5 by 28 inches) but roomy enough for a 5-inch-diameter roll (often sold in a twin-pack). Spring-loaded hinges allow the front to flip down. The paper roll holder is screwed to the underside of the cabinet framing. Designer: Tom Plemons.

DARROW M. WATT



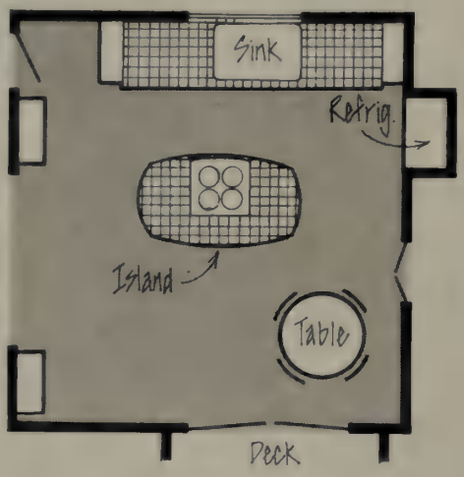
Island *with set-in range is directly opposite sink counter. Light bulbs on drop cords over range have standard metal shades*

No hardware *protrudes from cupboard doors or drawers; pulls are quarter or half-circle cutouts*

There's good space *for dining in a corner of the kitchen. Glass doors open to the floor-level deck pictured below*

DON NORMARK

Sketch shows *the compact arrangement of new kitchen with dining area and deck. Room is 13 feet square; note absence of conventional over-the-counter cupboards*



Old farmhouse gets a new kitchen and a spacious picnic deck

It's easy to picnic *right at home, on brand new deck off the kitchen. Cedar board-and-batten siding was repeated on inside walls*

This contemporary kitchen fits gracefully into a Northwest farmhouse built in 1905 and surrounded today by urban Seattle. Architect Weldon Jean Skirvin took advantage of the old farm kitchen's size to fit in not only new work areas but dining space as well. Adding a big deck made casual outdoor living possible.

After the old kitchen was gutted and the stove wiring moved to a central location, rough cedar board-and-batten siding that matches the house exterior was nailed over the old cracked plaster walls and new cupboards and a central island were installed. Glass doors opening to the new deck replace a smaller window and bring in needed light.

The old wood floor gleams like new after being sanded and treated with a polyurethane finish that needs only an occasional wet mopping. Between the sink counter and kitchen island, the floor is carpeted.

Though the actual kitchen working space is small, it benefits from the openness of the room. As the top left picture shows, the sink counter is generously lighted by an enlarged window. The arch over it repeats the circle motif seen throughout the remodeled room.

Cupboards and drawers have no hardware. Hand-pulls are half or quarter-circles; touch latches keep the doors closed. The cutout in the back of the freestanding cupboard is a circle 13 inches in diameter, with 1½-inch-wide dividers between quarters. The refrigerator is recessed in what was a built-in china closet.

The curve-sided island counter holds a four-burner range with oven and shelves that store pots and pans; the island also acts as a traffic deflector, giving the cook more privacy. Highly reflective silvery paper on the wall beside the sink helps keep the room bright.

The owners are Dr. and Mrs. Thomas Rekdal.

"Let's face it, I'm certainly no expert on kitchen appliances.

"But one product I have in my kitchen and think is just great, is an In-Sink-Erator Model 77 disposer. From my own experience I can tell you that it's fast, quiet and it grinds up banana peels, fruit pits & bones.

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Ceramic tile *work surface in this kitchen-sink bay is bright and easy to clean. It took less than a day to install*

Laying your own ceramic tile . . . from plywood base to finished counter in a day

Different counter surfaces offer different advantages. This family in Portola Valley, California, chose glazed ceramic tile for its scorch and scratch resistance, ease of cleaning, and beauty—the smooth, deep orange tile complements their rough redwood cabinets.

And installing it is a simple, if somewhat messy, project that can add a custom look to a new or old kitchen.

You start with a smooth, solid subsurface, such as the two layers of ½-inch exterior-grade plywood nailed atop the cabinet framework in this kitchen. A hole was cut for the sink, and the front edge of the counter faced with a redwood strip that projects above the plywood to the height of the tile. Then installation followed the six steps shown here. All materials used in this project were latex-based for easy cleanup.

The grout provides a seal between sink rim and tile. But for extra protection against leakage, apply a thick bead of tub caulk or silicone sealant to the underside of the rim before clamping down the

DARROW M. WATT

1 • *Brush latex primer onto plywood base; it penetrates wood to seal against moisture and provides smooth surface for tile adhesive. Sand any bumps or splinters from the wood*

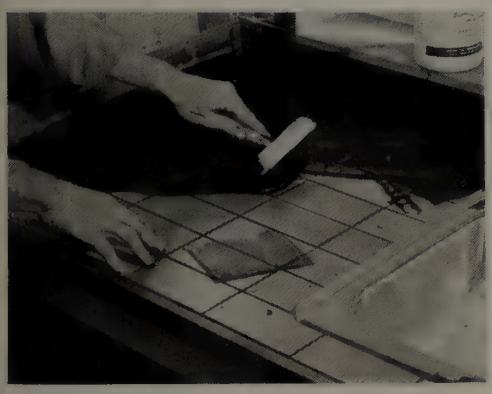
2 • *After laying out tile for fit along spacing lines drawn on plywood, cut short pieces if needed to fit at either end. Many tile retailers rent or loan cutters and equipment*

3 • *Apply mastic with notched trowel; press firmly for uniform thickness. Fumes can be dangerous; for safety, vent the work area, shut off gas pilots*

DARROW M. WATT

4 • *Press tile into place. Your guidelines may still be slightly visible beneath the mastic, but a metal square helps keep you on line*

5 • *Lower the sink into place. It is "self-rimming"—rim extends over the tile, and the sink is held in place by clamps underneath*



6 • *Push grout into joints with a squeegee; it should be mixed to a buttery texture. After it dries slightly, tiles must be wiped clean*

sink; immediately wipe excess caulking from around the rim.

Make sure that your tiles come with a hard, impervious glaze so the grout mix won't stain them. For best results, let the tiles set up overnight before grouting. The finished project should be protected with a thin brushed-on coat of silicone moisture sealant; renew it once a year.

In this kitchen, matching tiles were used as a backsplash. These were mounted to a backing of ¼-inch plywood, so the face of the ⅜-inch-thick tiles would be flush with the ⅝-inch wall siding of rough-sawn redwood. □

Here's one of Kelly-Moore's most generous offers ever and here are the reasons we're making it...

We're the Kelly-Moore Paint Company. After 30 years in the paint business we believe we can serve your painting needs better than anybody. To prove this we want to get acquainted, and so we decided to come up with a real gift... not a few cents off... or a free quart... or a penny sale... but A FREE GALLON ($7.98 value).

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So come in for your gallon and get acquainted. We know that you are aware that paint is the easiest, most economical way to redecorate, and improve the value of your home. We stand ready to meet your every painting need, and we give you a gallon of free painting advice with every gallon you buy. As for quality, we are the company used by more painting contractors than any other. That's why we're known as...

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Come in for your free gallon of Houston's. And let us help you with any painting problem. We are set on winning you as a customer forever! Just fill in this coupon.

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Good only at Kelly-Moore Paint Stores for one gallon of Houston Waterproofing.

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P.S. There are 85 Kelly-Moore stores to serve you. Look in the white pages for the one nearest you.

High track *Swiveling fixtures put the light exactly where you want it. You can move any one to any position, since copper conductors run the entire length of the track. The fixture focused on his book uses a spot bulb; those lighting the art wall use flood bulbs*

Clear bulbs plus skylight
At night seven clear (8-inch-diameter) crystal balls light the dining space. Similar lights continue outside along the entranceway. Owners can control light intensity of both sets independently with dimmer switches. During the day natural light pours in through the sloping skylight

NORMAN A. PLATE

Recessed downlights
Four lights illuminate this kitchen counter; others light the hall. Beam width depends on the distance between each downlight and the receiving surface, and on the type of bulb used (reflector lamp, reflector flood, general service). These downlights require at least a 12-inch space above the ceiling

All lighting is high . . . everything is on switch dimmers

Is there an alternative to conventional household lighting, with its complement of ceiling lights, wall lamps, and tabletop and floor lamps?

Owner Richard Anderson of Wilde Anderson DeBartolo Pan, Architects, believes there is—and his home in Tucson reflects that belief. "I've never seen a table lamp I didn't tire of," says Anderson. Instead he uses track lights, recessed lights, and clear crystal globes. These three approaches can be seen throughout the entire house, inside and out.

Except for one in the shower, all the lights are on rheostats; the Andersons

NORMAN A. PLATE

Colored filters
Colored glass filters clip on track lights (note metal prongs on fixture); colors heighten different moods for different occasions

can choose the intensity of lighting they want by merely turning a dial. That in turn lets them change the mood of any room—softly lit and inviting for parties and quiet dinners, brighter for reading and work.

But dimming the lights does more—it can extend the life of light bulbs and is penny-pinching with energy.

A two-wire rheostat costs $4 to $8 and is easily installed. The better ones give you the full range from gentle glow to nearly full brightness; inexpensive rheostats shorten this span.

Anderson also creates the right ambience in a room in another way: He uses color filters with some of the lights. In the theater, such filters are called gels because they used to be made of a gelatinous substance. In residential work they are made of glass and are called either gels or lenses.

Costing about $5 each, the filters are sold in medium blue, daylight blue, green, amber, pink, and red. Light toned by a blue or green filter makes a room seem cooler than it is; light toned by amber or red makes it seem warmer.

Though the initial cost of a lighting system like the one Anderson designed would probably be more than the standard lighting allowance for a new house, it eliminates the need to buy floor, table, and other lamps. The specific track fixture he used is called a "basic universal"; this means that it takes a large variety of lamps from 30 to 300 watts. Like the other fixtures shown, it can be ordered at any lighting shop. □

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Sunset's Kitchen Cabinet®

One solution to building a better hamburger comes from a Tacoma reader who first incorporates mashed avocado with the ground beef and then tops the cooked patties with cheese and tomato.

A touch of originality also distinguishes the simply dressed combination of summer fruits that work as a salad or dessert at your discretion.

Rounding out this month's suggestions are new ways to use a surplus of Swiss chard and zucchini; an outstanding version of liver, bacon, and

Broil or barbecue these moist, spicy hamburgers for informal summer party

Avocado Beef Patties

Seasoned mashed avocado is the secret to these exceptionally juicy hamburgers.

- 1 medium-sized avocado
- 1 can (4 oz.) diced California green chiles
- ¼ cup chopped green onion
- 3 teaspoons lemon pepper
- 2 cloves garlic, minced or pressed
- 1 teaspoon salt
- 2 pounds lean ground beef
- 8 hamburger buns
- Butter or margarine
- About 1 cup shredded jack cheese
- 8 thin slices tomato

Peel, pit, and mash the avocado. Stir in the chiles, green onion, lemon pepper, garlic, and salt. Add ground beef and mix lightly but thoroughly; mixture will be moist. With your hands shape meat into 8 equal patties, each about ¾ inch thick.

Broil meat about 4 inches below heat or grill about 4 inches above a solid bed of medium glowing coals, about 7 minutes on each side for medium rare or until done to your liking.

Meanwhile, split, toast, and butter the buns. Arrange beef patties on bottom bun halves and sprinkle each with about 2 tablespoons cheese. Top with tomato slices and remaining bun halves. Makes 8 servings.—*L. D., Tacoma.*

Thinly slice chard stems and leaves; steam, then top with cheese and bake

Quick Baked Chard

You can assemble this dish a day ahead, then bake just before serving.

- 1 pound Swiss chard
- ¼ cup butter or margarine
- 1 large onion, sliced
- ¼ cup crisply fried, crumbled bacon, or imitation bacon chips
- Seasoned salt and pepper
- 2 eggs
- ¾ cup shredded jack or Swiss cheese

Rinse chard well and pat dry. With a sharp knife, cut white stem from leaves, then cut across stems in ¼-inch slices. Also cut across leaves in 1-inch strips. Reserve stems and leaves separately.

Melt butter in a wide frying pan over medium heat; add onion and chard stems and cook until onion is limp. Stir in chard leaves; cover and let steam briefly (about 3 minutes) just until leaves are limp. Stir in bacon and season to taste with seasoned salt and pepper. Turn into a shallow 1½ to 2-quart baking dish. If done ahead, cover and chill as long as 24 hours.

Before baking, beat eggs until well combined; pour over chard and sprinkle evenly with cheese. Bake, uncovered, in a 400° oven for 10 minutes (15 minutes if chilled) or until egg is set. Serves 4 to 6.—*D. S., San Diego.*

Lightly cooked vegetables, onion soup mix, and bacon season liver as it bakes

Requested Liver

A restaurant chef shares this "customer favorite" for your approval.

- 6 slices bacon
- 1½ pounds baby beef liver, in serving-sized pieces
- All-purpose flour
- 1 large onion, sliced
- 1 medium-sized green pepper, seeded and sliced
- 1 envelope dry onion soup mix, enough for 4 to 6 servings
- 1 can (1 lb.) stewed tomatoes
- Seasoned salt and pepper
- Hot cooked noodles (optional)

In a wide frying pan over medium heat, fry bacon until crisp. Set bacon aside on paper towels to drain. Drain and reserve bacon drippings; return 2 tablespoons drippings to pan.

Dredge liver in flour; shake off excess. Fry liver just until lightly browned on both sides, adding more drippings to pan as needed. Arrange liver in a 9 by 13-inch baking dish.

Add onion and green pepper to the frying pan and cook until onion is limp. Spoon vegetables evenly over liver, then evenly sprinkle with onion soup mix. Pour tomatoes over all, sprinkle with seasoned salt and pepper, and top with bacon. Cover and bake in a 350° oven for 25 minutes or until hot. Offer noodles, if desired. Serves 6.—*M. M., Newport, Ore.*

onions; and a relatively low-in-calorie cheese pie.

To share your own kitchen creations, mail contributions to *Sunset Magazine*, Menlo Park, Calif. 94025. We now pay $25 for each recipe published.

A juicy hamburger... it's avocado beef. Restaurant favorite... bacon with liver

Summer Salad

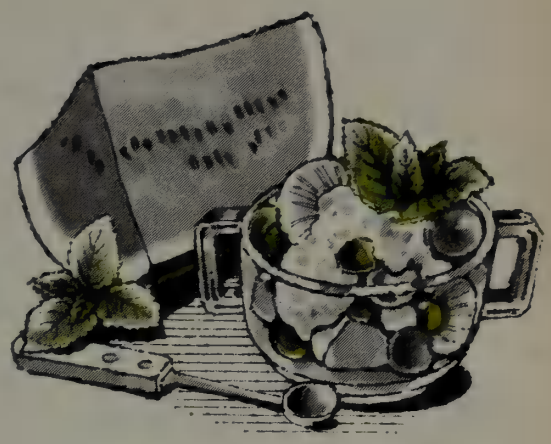
Crushed berries distinguish the dressing for this colorful fruit combination.

- 1 basket (about 12 oz.) strawberries
- 1 cup sour cream
- 1 tablespoon *each* sugar and orange juice
- 1 medium-sized cantaloupe
- 2 or 3 cups watermelon balls, from about a 3-pound piece
- ¾ to 1 pound seedless grapes
- 2 large peaches
- About 1 tablespoon lemon juice
- Ground nutmeg
- Mint sprigs

Rinse and hull berries; crush enough small ones to make ½ cup. For the dressing, stir together crushed berries, sour cream, sugar, and orange juice until well blended; cover and chill.

Cut remaining berries in half. Halve cantaloupe, remove seeds, peel, and cut into bite-sized chunks. Combine berries, cantaloupe, watermelon balls, and grapes. Peel, pit, and thinly slice the peaches; coat well with lemon juice to prevent darkening, and add to other fruits. Sprinkle with nutmeg and stir gently to blend. Cover and chill 1 to 2 hours.

Serve fruits in individual bowls. Spoon dressing evenly on top and garnish each serving with a mint sprig. Makes 6 to 8 servings.—*V. N., Thousand Oaks, Calif.*



Cool, colorful fresh fruit bowls make a fitting climax to a midsummer dinner

Spiced Zucchini Relish

Overstocked with zucchini? Relish for the freezer is a ready solution.

- 3 to 3½ pounds zucchini
- 4 medium-sized onions, chopped
- 5 tablespoons salt
- Water
- 1 cup seeded and chopped red bell or green pepper
- 2¼ cups white vinegar
- 1¼ cups sugar
- 2 teaspoons *each* celery seed and mustard seed
- 1 teaspoon *each* ground cinnamon and nutmeg
- ½ teaspoon pepper

Rinse and finely chop zucchini; you should have 10 cups. Combine zucchini, onions, and salt; cover with water, then cover container and refrigerate overnight.

Drain vegetables, rinse, and drain again. In a 5 to 6-quart kettle, combine vegetables, bell pepper, vinegar, sugar, celery seed, mustard seed, cinnamon, nutmeg, and pepper. Bring to a boil, stirring constantly. Reduce heat and simmer, uncovered, for 1 hour or until thickened and total volume is reduced to about 2½ quarts.

Ladle mixture into 5 pint-sized refrigerator-freezer containers. Cool, cover, and refrigerate as long as 1 month; freeze for longer storage. Makes 5 pints.—*M. B., Oakland.*

Store relish in refrigerator or freezer; serve on hot dogs and barbecued meats

Yogurt Cheese Pie

Bake this rich-tasting dessert ahead, so you can serve it well chilled.

- 1¾ cups graham cracker crumbs
- ¾ cup sugar
- ⅓ cup melted butter or margarine
- 1 large package (8 oz.) cream cheese, at room temperature
- 3 eggs
- 2 teaspoons vanilla
- ¼ teaspoon salt
- 2 cups unflavored yogurt
- 2 cups raspberries or sliced nectarines, sweetened to taste

Combine crumbs, ¼ cup of the sugar, and butter. Press mixture over bottom and sides of a 10-inch metal or glass pie pan. Bake in a 350° oven for 5 minutes; let cool.

In an electric mixer bowl, combine cream cheese with remaining ½ cup sugar. Beat in eggs, one at a time, then add the vanilla and salt; beat at medium speed until light and well creamed. Using low speed, blend in yogurt. Pour into crumb-lined pan and bake in a 350° oven for 40 minutes, or until dry when lightly touched.

Cool, then chill at least 4 hours or as long as overnight.

To serve, cut in wedges and spoon sweetened fruit with any juices over each serving. Makes 8 servings.—*S. M., Pocatello, Idaho.* □

Sweetened fresh raspberries make a complementary topping for cheese pie

DARROW M. WATT

Informal *summer barbecue features grilled lamb shanks, pilaf, sautéed zucchini, and a cool molded fruit ring with a few strawberries on the side*

AUGUST MENUS

Barbecue dinner with minted lamb shanks, lunch with frankfurters in disguise, supper with make-your-own salad sandwiches

Salads are a summer cook's best friend because they can fit into menus in a variety of ways. For example, to go with the barbecued lamb shanks in our first menu, there's a cool molded salad that could also serve as a low-calorie dessert.

To go with a different version of a frankfurter in a bun, we suggest a crisp vegetable salad. And our last menu features a trio of flavorful salad mixtures to use as sandwich fillings on a warm August evening.

Barbecue dinner

The highlight of this outdoor meal is a molded buttermilk salad full of fresh summer fruits.

Grilled Minted Lamb Shanks
Rice Pilaf **Sautéed Sliced Zucchini**
Buttermilk Fruit Ring

Prepare fruit ring well ahead for ample time to gel. While shanks are cooking, prepare a packaged rice pilaf mix according to package directions and sauté zucchini in butter until just tender.

Grilled Minted Lamb Shanks

Place 4 to 6 lamb shanks in enough water to cover; simmer, covered, until tender when pierced, about 45 minutes. Drain and cool.

For the marinade, combine ¾ cup dry white wine, 2 tablespoons lemon juice, 2 cloves garlic (minced or pressed), 2 tablespoons chopped parsley, ⅓ cup honey, 1 teaspoon salt, and 1½ teaspoons chopped fresh or dried mint.

Place shanks in a deep bowl, pour in marinade, cover, and refrigerate at least 4 hours or as long as overnight.

Prepare barbecue fire with about 35 briquets. Let coals burn down until covered with a gray ash, then spread them out in a single layer. Lift shanks from marinade and place on the grill about 6 to 8 inches above coals. Cook slowly over medium-low coals, turning and basting with remaining marinade until well browned and very tender when pierced, about 30 minutes. Serves 4 to 6.

Buttermilk Fruit Ring

- 1 envelope unflavored gelatin
- 1 cup *each* buttermilk and orange juice
- 3 tablespoons honey
- About ½ small cantaloupe
- 1 cup sliced ripe strawberries
- 2 medium-sized peaches, peeled and sliced
- ½ cup chopped walnuts

In a blender jar, sprinkle gelatin over buttermilk; let stand 5 minutes. Heat

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juice to boiling, then add to blender with the honey. Cover and whirl on low speed until well blended. Pour mixture into a bowl, cover, and chill until the consistency of unbeaten egg whites, about 1 hour.

Cut rind off melon, then cut fruit into small pieces; you should have about 1½ cups. Stir berries, cantaloupe, peaches, and walnuts into the gelatin mixture and pour into a 1-quart ring mold. Cover and chill until firm, about 4 hours or overnight.

To serve, dip mold in warm (not hot) water for about 10 seconds; run a knife tip around edge to loosen. Place a serving plate over mold; invert both and shake gently to loosen salad. Makes 4 to 6 servings.

Lunch favorites in disguise

Ever-popular frankfurters and crisp raw vegetables get a new twist in this quick-to-prepare lunch or supper.

Open-faced Franks
Crisp Vegetable-Spinach Salad
Fresh Peach Caramel Sundaes

You can prepare the salad up to 5 hours ahead, then cover and chill. For the dessert, spoon peeled and sliced peaches over scoops of vanilla ice cream. Top with caramel-flavored ice cream topping and toasted almonds.

Open-faced Franks

Without cutting all the way through, slice 6 frankfurters lengthwise. Mix 2 tablespoons *each* mustard and drained sweet pickle relish and spread down the center of each frank.

In a bowl combine 1 cup unsifted all-purpose flour, ½ cup yellow cornmeal, 2 teaspoons sugar, 1½ teaspoons baking powder, 1 tablespoon toasted instant minced onion, and ½ teaspoon *each* salt and oregano leaves. Lightly beat together 1 egg, ½ cup milk, and 3 tablespoons melted butter or margarine; add to flour mixture and beat until well blended.

Spread dough in a greased 7 by 11-inch baking pan. Arrange franks, cut side up, slightly apart down the length of pan, pressing slightly into dough. Sprinkle with ½ cup shredded Cheddar cheese.

Bake in a 400° oven for 25 to 30 minutes or until a pick inserted in the dough comes out clean. To serve, cut between franks and lift from pan. Serves 4 to 6.

Vegetable-Spinach Salad

About ¾ pound (1 bunch) spinach
½ small head cauliflower
1 cup sliced radishes or carrots
½ small cucumber, sliced
1 or 2 tomatoes, cut in wedges
1 small mild red onion, sliced
About 1 cup alfalfa or bean sprouts
Parmesan herb dressing (recipe follows)

Trim stems from spinach, then thinly slice leaves. Separate cauliflower into flowerets, then cut each lengthwise through stem into thin slices.

On a large rimmed plate or tray, make a bed of the spinach. Arrange cauliflower, radishes, cucumber, tomato wedges, onion, and sprouts in separate rows over spinach. Cover and chill if made ahead. To serve, spoon dressing over salad; mix gently to coat evenly. Serves 4 to 6.

Parmesan herb dressing. Combine ¼ cup salad oil; 1½ tablespoons lemon juice; 2 tablespoons grated Parmesan cheese; 1 clove garlic, minced or pressed; ½ teaspoon *each* dry mustard and Worcestershire; and dash pepper. Shake or stir well to blend.

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A sparkling new recipe idea for lemonade!

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In a pitcher, mix one bottle of Minute Maid® 100% Pure Lemon Juice (find it in your grocer's freezer) with ¾ cup of sugar until sugar is dissolved. Add a quart of icy cold club soda, stir gently, serve over ice. For sparkling pink lemonade add ¼ cup of grenadine before club soda.

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For old-fashioned lemonade, just substitute one cup of sugar and six cups of water. Stir well and serve over ice.

Informal *summer barbecue features grilled lamb sh and a cool molded fruit ring with a few strawberrie*

AUGUS

Barbecue dinner
lunch with fra
supper with make-y

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Salad sandwich supper

Three zesty salad-style mixtures become the fillings for make-your-own sandwiches.

Zippy Cottage Cheese,
Zucchini-Carrot Slaw,
Marinated Mushrooms
Sliced Meat and Cheese
Assorted Bread, Rolls, Crackers Butter
Iced Tea or White Wine

Prepare salad mixtures up to 24 hours ahead. For the meat, you might offer sliced ham, bologna, salami, or turkey, and one or two cheeses. Allow a total of about 1 pound meat or cheese for four to six servings. You'll also need

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Hormel

PETER O. WHITELEY

Cool summer meal: *salad-style sandwich fillings, sliced meats and cheeses, assorted breads, and iced tea to drink*

small soft rolls, crisp crackers, and sliced rye or French bread.

Zippy Cottage Cheese

Stir together 1 pint (2 cups) small-curd cottage cheese, 2 tablespoons chopped green onion, ¼ cup *each* chopped radishes and chopped canned California green chiles, and ½ teaspoon Mexican seasoning. Season to taste with garlic salt. Cover and chill up to 24 hours. Makes about 2½ cups.

Zucchini-Carrot Slaw

Shred enough zucchini (about 2 medium sized) to make 2 cups, and enough carrots (about 1 large) to make 1 cup; combine in a bowl. Also combine 2 tablespoons salad oil, 1 tablespoon vinegar or lemon juice, and 1 teaspoon *each* dry mustard and celery seed. Cover each mixture separately and chill up to 24 hours ahead. About 4 hours ahead, pour dressing over vegetables and mix well; season to taste with salt and pepper. Cover and chill until serving time. Makes about 3 cups.

Marinated Mushrooms

Slice 1 pound small fresh mushrooms about ¼ inch thick. Place in boiling salted water to cover and simmer, uncovered, for 5 minutes. Drain and cool. Mix 3 tablespoons olive oil or salad oil; 1 tablespoon lemon juice; 1 clove garlic, minced or pressed; ½ teaspoon salt; and ¼ teaspoon *each* pepper, tarragon, and thyme leaves. Stir in ¼ cup sliced green onion and 2 tablespoons chopped parsley; pour over mushrooms. Cover and chill up to 24 hours. Makes 3 cups. □

Pruning as a means to more nearly perfect wines.

To us, pruning—the cutting off of parts of the grapevine during the winter dormant period—is the single most important practice in the entire culture of grapes.

It is a complex and highly judgmental operation that not only controls the amount of crop our vines will bear, but also controls the quality of the ultimate contribution that crop will make to our wines.

That is why, we do not consider a man thoroughly experienced until he has been pruning for at least three years.

Why We Prune

The whole purpose of pruning is to direct our vines to grow fewer but better grapes—grapes of optimum maturity and with the full potential of their variety.

Vines which produce too many grapes—a condition called overcropping—can lead to a thin, watery wine.

A carefully pruned vine will produce grapes that have acid and sugar contents in perfect balance, and their wine will be full-bodied, deep and brilliant in color, and with a bouquet that is true to the grape.

Our Unique Next Step

Sometimes, despite judicious pruning, a vine will overproduce anyway—perhaps because of optimum conditions for exceptional fruitfulness, or because it did not produce as much as it should have in the previous year.

In such a case, we resort to thinning.

Thinning involves the actual removal of whole grape clusters from the vine—the sacrificing of a part of our crop in order to ensure the quality of the rest.

Sometimes this can mean removing as much as one-third the crop from an overproducing vine in order to maintain vine vigor. Or all of it, if we wish to give the vine a rest to regain its vigor.

Gallo, we might point out, is one of the very few wineries to practice this costly technique of thinning in order to produce only the best possible wine grapes.

How We Prune

Pruning is basically an art. And over the years we have developed techniques that we believe provide the best possible results of that art.

We began researching and establishing our pruning practices in the 1940's.

At that time, every single variety of grape was given its own program to determine the best method of pruning for that particular vine.

As a result of our tests, we have established some general rules.

One, is that on each spur—that part of the new wood which remains after pruning—we never leave more than two buds for future growth. This ensures optimum grape quality.

We do, however, vary the number of spurs on each vine. This depends on the variety.

For example, the Chenin Blanc and Ruby Cabernet vines are allowed not more than twelve spurs, the French Colombard fourteen, and the Barbera ten.

In general, the varieties having larger grapes and grape clusters are left with fewer spurs so as not to tax them beyond their capacities, and the varieties having smaller grapes and grape clusters are left with more.

Who Prunes

Because so much depends on the judgment of our pruners—in addition to how much to cut, at what angle, and which wood—we treat their training very seriously.

At first, a beginner is only allowed to watch. Then he is permitted to work only when an experienced man is watching him. And finally, before working independently, he must work under a foreman.

That is why, as mentioned earlier, it is usually three years before we consider him a thoroughly experienced pruner.

Our Goal

Obviously, the reason we here at the Gallo Vineyards are so particular about pruning is the direct relationship it has with wine quality.

Our experience is that excellent wines can only be made from excellent grapes, and that perfect wines require perfect grapes.

Therefore, because our goal is to make the finest wines possible—to give you pleasure by bringing you only the fullest perfection of flavor, taste and bouquet—we are totally committed to growing and using only the best quality grapes.

That insistence on perfection, really, is the basic principle to which we have dedicated our wine-making lives.

Gallo Vineyards, Modesto, California

ADVERTISEMENT

Brush ducks *frequently with sweet soy sauce mixture during last 30 minutes of cooking to add flavor to crispy skin*

Guests help themselves *to barbecued duck, Peking style: Each warm soft tortilla quarter is spread with hoisin sauce; topped with a morsel of duck, and garnished with fresh coriander and green onion slivers*

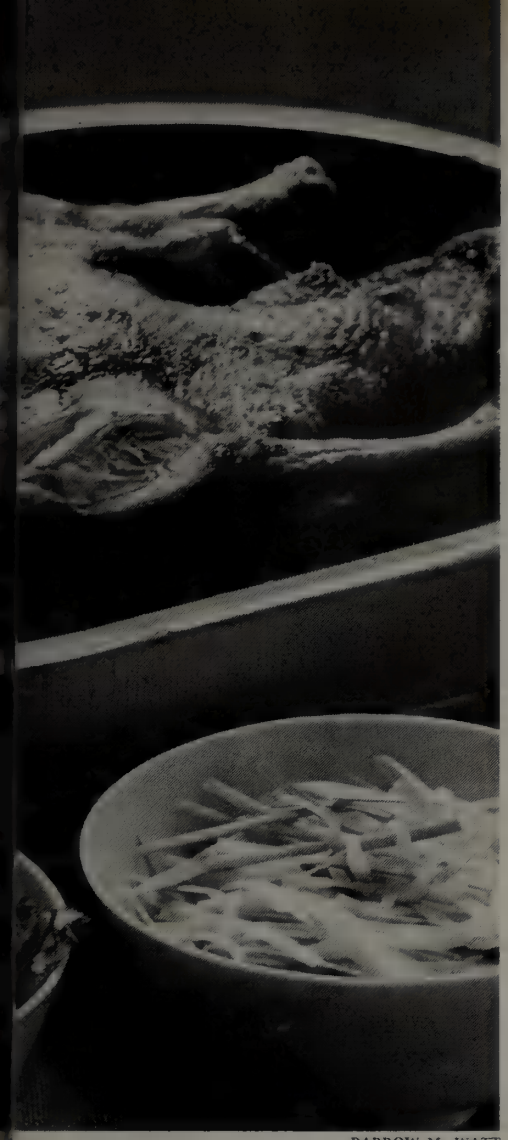
Juicy inside and crispy outside is how duck on the barbecue turns out

Few barbecued meats can rival the juicy goodness of charcoal-roasted duck. Because of the fat layer that lies just beneath the skin, these birds are practically self-basting and emerge from the grill with impressively moist succulent meat and crispy tasty skin. (As a bonus for the cook, there's minimum cleanup—you can collect the fat in a drip pan for easy disposal.)

Here we suggest two approaches using domestic ducklings (available all year in frozen-food counters) and a covered barbecue. Both methods eliminate the difficult and often hazardous tradition of carving duck at the table.

First, there's the fun and ritual of serving whole ducks, Peking style. They're spiced and roasted in a covered barbecue to make an informal supper for six to eight people. At the table, guests slice morsels of meat as needed to eat on warm flour tortillas with hoisin sauce (available in Oriental markets), fresh coriander, and green onion.

The other dish involves partially boning the uncooked duck to make two semi-boneless halves. Using a sharp knife, you can do this in 10 to 15 minutes. Once they come out of the covered barbecue,



DARROW M. WATT

you can use poultry shears to snip each half in two, making four easy-to-eat individual servings.

To prepare the fire in a covered barbecue, ignite a mound of 40 long-burning charcoal briquets. When they're covered with gray ash (30 to 45 minutes), arrange briquets evenly at sides of fire grill. In the center, place a drip pan large enough to cover the area under the ducks while they cook. Grease the cooking grill and set it in place.

Barbecued Duck, Peking Style

- 2 ducklings (4½ to 5 lbs. *each*), thawed
- 1 teaspoon *each* ground ginger and cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon *each* ground cloves and pepper
- ¼ cup soy sauce
- About 1 cup canned hoisin sauce
- 1 to 1½ dozen flour tortillas
- About 1½ cups slivered green onions, include some tops
- ½ to 1 cup coarsely chopped fresh coriander (cilantro)

Reserve duck giblets for other uses. Rinse ducks inside and out, then pat dry. With tines of a fork, pierce skin well. Trim off excess neck skin; fasten remaining skin to back with a small skewer.

Blend the ginger, cinnamon, nutmeg, cloves, and pepper. Dust about ½ teaspoon of the spice mixture inside each duck, then rub remaining mixture evenly over the exterior of the birds. Leave body cavity open for more even cooking.

Prepare barbecue fire according to preceding instructions. Arrange birds, breast side up, on greased grill about 6 inches above drip pan. Cover barbecue, leaving dampers open to maintain a hot fire. After birds have cooked 45 minutes to 1 hour, add 6 to 8 briquets to each side of drip pan.

Stir together soy sauce and 2 tablespoons of the hoisin sauce. Cook ducks a total of 2¼ to 2½ hours or until thigh meat feels soft when squeezed (protect your hands with paper towels). Frequently brush ducks with soy mixture during last 30 minutes of cooking.

Meanwhile, lightly dampen tortillas, cut in halves or quarters, stack, and wrap in foil. Heat in a 350° oven for 10 to 15 minutes or until steamy; serve in a napkin-lined basket to keep warm. Place remaining hoisin sauce, green onions, and coriander in separate serving bowls.

To eat, spread tortilla pieces with hoisin; slice small pieces of skin and meat (trimming out fat) and put on tortilla. Top with a few green onion slivers and some coriander and fold to eat out of hand. Serves 6 to 8.

Barbecued Duck Halves

- 4½ to 5-pound duckling, thawed
- ⅓ cup lemon juice
- 1 clove garlic, minced or pressed
- ¼ teaspoon *each* dry mustard and rosemary
- ⅛ teaspoon pepper
- 2 tablespoons honey

To halve and partially bone the duck, place duck breast side down; insert tip of sharp knife into neck cavity and cut through wishbone. Then, breast side up, cut along breastbone and continue cutting meat from bone following contour of one side of rib cage; cut through joint where wing is connected. Continue along side of duck to thigh joint, then twist and pull gently until thighbone is free from socket. Continue until half the duck is free from carcass. Trim off excess skin.

Repeat on other side of duck to make two semiboneless halves—wing and leg bones remain. (Save rib cage and backbone for soup stock, if desired.) Pierce duck skin with a fork and place duck halves in a shallow pan.

Combine lemon juice, garlic, mustard, rosemary, and pepper. Pour over duck, then cover and chill 2 to 4 hours.

Prepare barbecue fire according to preceding instructions. Lift duck from marinade, drain briefly (reserving marinade), then arrange duck halves, skin side up, on greased grill about 6 inches above drip pan. Cover barbecue, leaving dampers open to maintain a hot fire. After halves have cooked 45 minutes, add 6 to 8 briquets to each side of drip pan.

Stir honey into reserved marinade. Cook duck 2 to 2¼ hours or until thigh meat feels soft when squeezed (protect your hands with paper towels). Brush duck with honey mixture during last 30 minutes of cooking.

With poultry shears, snip each duck half in two. Makes 4 servings. □

With knife *close to bone, cut meat free from carcass. Use knife or scissors to cut through wing and thigh joints*

After they're barbecued, *snip the honey-glazed duck halves in two with poultry shears to make four individual servings*

Swing

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DARROW M. WATT

Milky tea *goes over ice cream for a cooler you eat with a spoon*

Iced tea into summer coolers

Dressing up iced tea with ice cream, spiced orange juice, or fresh mint and lemon can turn it into a more interesting and refreshing summer cooler.

Jasmine Tea Cooler

Measure 6 tablespoons jasmine tea and add to 1 quart boiling water. Cover and steep 5 to 7 minutes. Strain; discard tea leaves. Let cool. Add 1 cup milk and 6 to 7 tablespoons sugar; stir until sugar dissolves. Pour over scoop of vanilla ice cream or ice cubes. Serves 6.

Spiced Orange Tea Cooler

With a vegetable peeler, cut thin outer peel from 2 large oranges. Bruise peel with the back of a spoon. Combine peel, ¼ cup orange - and - spice - flavored tea, and 1 quart boiling water. Cover and steep 5 to 7 minutes. Strain; discard tea leaves and peel. Add ¼ cup chopped candied ginger; let cool. Add 1½ cups orange juice and 6 to 7 tablespoons sugar; stir until sugar dissolves. Pour over ice; garnish with orange slices. Serves 6.

Lemon-Mint Tea Cooler

With a vegetable peeler, cut thin outer peel from 2 lemons. Combine peel with 2 cups lightly packed fresh mint sprigs. With the back of a spoon, bruise peel and mint. Add 3 tablespoons orange-pekoe tea blend and 1 quart boiling water. Cover and steep 5 to 7 minutes. Strain; discard tea leaves and peel. Add 2 cups cold water, 4 tablespoons lemon juice, and ⅓ to ½ cup sugar; stir until sugar dissolves. Let cool. Pour over ice, garnish with lemon slices and fresh mint sprigs. Serves 6. □

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DARROW M. WATT

Beaten egg *binds spicy filling with tortillas for a hot snack*

Snack idea from Southeast Asia

Street vendors in Southeast Asia sell a hot snack that resembles a fried egg sandwich. They heat a piece of flat, unleavened Indian bread, top it with a spicy meat or mushroom mixture and egg, then cover it all with another piece of bread. In our version for lunch or snacks, we've substituted flour tortillas for the Indian bread.

Tortilla Egg Snacks

In a wide frying pan, cook 1 pound lean ground beef, bulk pork sausage, or chopped mushrooms over medium-high heat; add oil as needed and stir until meat is browned and crumbly or all liquid from mushrooms has evaporated. Skim off and discard excess fat.

Add 1 large onion, chopped; 2 cloves garlic, minced or pressed; 1 teaspoon curry powder; about 1 teaspoon salt (use less, to taste, for sausage); ¼ teaspoon cayenne; and 1 cup frozen mixed vegetables. Cook, stirring, until onion is soft and frozen vegetables are hot. Stir in ¼ cup chopped fresh coriander (also called cilantro or Chinese parsley) or parsley.

Lightly beat 6 eggs with 2 tablespoons water. Have ready 10 8-inch flour tortillas. Lightly grease a griddle or heavy frying pan and heat over medium heat.

For each serving, place 1 tortilla on griddle. Spread on ⅕ (about ⅔ cup) of the meat or mushroom mixture. When tortilla begins to brown on bottom, drizzle over ⅓ cup of egg mixture. Top with a second tortilla, pressing down lightly. Cook until tortilla is golden on bottom and egg is almost set; turn to brown other side. Repeat with remaining tortillas. Cut in wedges to eat. Makes 5. □

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STORE COUPON

Too many tomatillos? Here's what to do

Some of our readers who planted tomatillos in response to our May 1975 article (page 86) were so overwhelmed with fruit that they were prompted to invent recipes for the surplus. Here are three of the best: a spicy sweet relish, a jam, and fruit leather.

If you don't have tomatillos in your garden, you can find these Mexican fruits in markets that carry specialty produce or Mexican groceries. Tomatillos look like small green tomatoes with a papery husk. They taste something like a green apple or green tomato; cooked, they have a mellow piquancy.

Sweet Tomatillo Relish

Remove husks and stems from 1¾ pounds tomatillos (about 25 large). Wash and chop fruit; combine in a 6-quart kettle with 5 large tomatoes, chopped; 2 large green peppers, chopped; 3 large onions, chopped; 1½ cups *each* sugar and cider vinegar; 1½ tablespoons salt; 1½ teaspoons ground cinnamon; ½ teaspoon dill weed; and ¼ teaspoon *each* ground allspice and cloves.

Boil gently, uncovered, about 1 to 1½ hours or until of desired consistency; stir more frequently as it thickens. Can the hot relish (directions follow), or let cool and spoon into freezer containers and chill; freeze for longer storage.

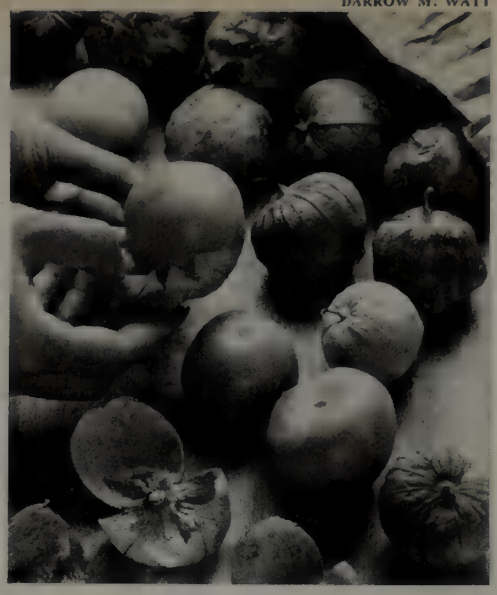
To can, spoon hot relish into clean hot canning jars to within ¼ inch of rim. Run a spatula down between food and jar to release air bubbles. Wipe rim, apply hot lid, and screw on ring band. Put on rack in kettle half-filled with hot water. Add more water to cover jars by 1 to 2 inches. Bring to a gentle boil and process for 15 minutes. Remove from water and let cool thoroughly. Test for good seal. Makes about 3 pints.—*R. and D. M., Chico, Calif.*

Tomatillo Jam

Remove husks and stems from 4 pounds tomatillos. Wash and finely chop or grind to make 2 quarts. In a 5-quart or larger kettle, combine the tomatillos and 6 cups sugar. Bring slowly to a boil, stirring occasionally, until sugar dissolves. Boil gently, uncovered, about 1 hour or until of desired consistency; stir more frequently as it thickens.

To can, place canning jars in boiling water for at least 15 minutes, then keep hot. Scald lids and bands and keep in hot water. Pour hot jam into hot jars to within ⅛ inch of rim. Wipe rim, apply lid, screw on band, and let cool thoroughly. Test for good seal. Makes about 3 pints.—*P. J., Lynwood, Calif.*

DARROW M. WATT



Remove papery husks *from green tomatillos before cooking*

Tomatillo Leather

Remove stems and husks from 5 pounds tomatillos; wash fruit. In a 6-quart or larger kettle, simmer tomatillos in water to cover, about 10 minutes or until tender; drain. In a blender, purée tomatillos, a portion at a time, until smooth. Combine purée and 1¼ cups sugar; boil gently, uncovered, stirring occasionally, until reduced to about 5 cups. Let cool to lukewarm.

To dry in the sun, tape clear plastic film (about 12 by 30 inches) on a smooth level surface and place in the sun. Pour cooled purée onto film and evenly spread ¼ inch thick. To keep fruit clean while drying, cover with a sheet of cheesecloth stretched between two 2 by 4's on each side, taking care to keep cheesecloth from touching fruit.

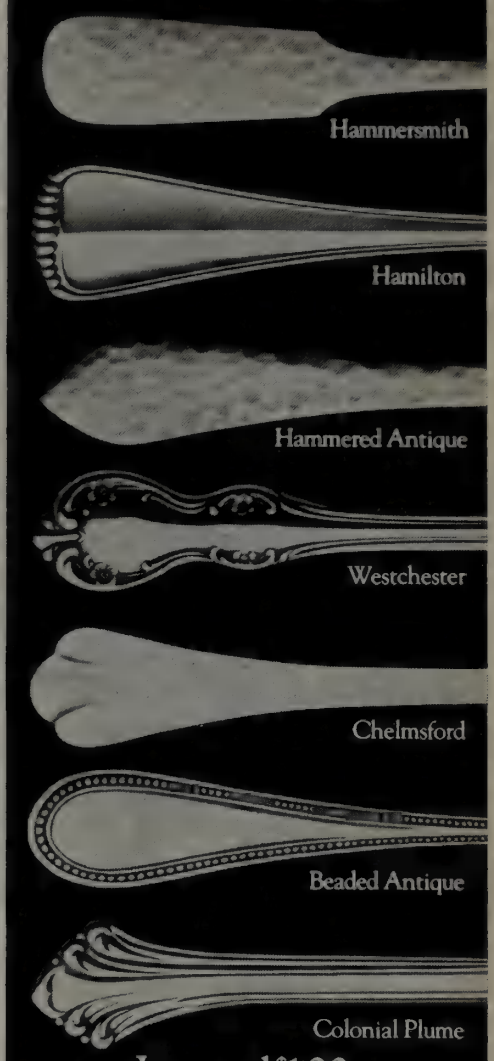
Take the leather inside at night, then return to the sun the next day. Leather is ready when it is firm to the touch and can be pulled away from the plastic without sticking.

Do not dry longer than needed. In humid climates, you may need to finish the drying indoors. Set the sheets of fruit (still on plastic film) on pans in a 140° to 150° oven and leave door ajar.

To dry in a dehydrator, tape plastic film to drying screens, allowing some empty space so air can circulate; no cheesecloth cover is necessary. Drying takes up to 24 hours, depending on heat.

To store, roll up plastic sheets of fruit leather, wrap with more plastic, and seal tightly. Store at room temperature up to 1 month, in refrigerator up to 4 months, in freezer up to 1 year. □

To have is to hold.



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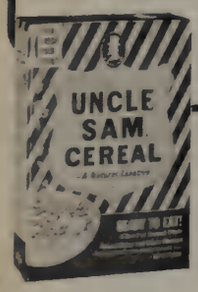

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DARROW M. WATT

Pass bowl *of sliced peaches to spoon over pinwheels of cream-filled roll*

Caramel icicles on a nut roll

Ground almonds or pecans are the base of this tender cake roll; fill it with cream, decorate with caramel, and serve it with fresh fruit.

Nut Roll with Peaches

About 8 ounces whole almonds or 6 ounces pecans
6 eggs, separated
¾ cup sugar
1 teaspoon vanilla
1 teaspoon baking powder
2 tablespoons powdered sugar
1 cup heavy cream, whipped
Caramel (recipe follows)
2 cups sliced peaches, sweetened

Lightly grease a 10 by 15-inch jelly roll pan; line pan with waxed paper and grease again. Reserve 8 almonds or pecan halves. Whirl remaining nut meats in a blender until very finely ground (you should have 1¾ cups). Beat egg whites until soft peaks form and beat in ¼ cup of the sugar, 1 teaspoon at a time.

Using a large bowl, beat egg yolks with vanilla and beat in remaining ½ cup of sugar until thick. Mix baking powder with ground nuts and fold into the beaten yolks. Then fold in egg white mixture. Spread in pan. Bake in a 375° oven for 15 minutes or until golden.

Remove from oven and immediately turn over onto a towel dusted with powdered sugar; peel off paper, roll up (rolling towel with it), and cool on a rack.

Unroll cake and spread with the whipped cream. Loosely roll up cake and place on a serving plate. Prepare the caramel and immediately drizzle over the top. Garnish with reserved nuts. Chill. Serve with sliced peaches. Serves 8.

Caramel. In a small pan, put ⅓ cup sugar and 1 tablespoon water; heat until sugar melts and turns amber. ▫

W. D. A. STEPHENS

Nifty container *for a curried egg and shrimp mixture: a partially sliced tomato that you can pry open to fill*

Between thick slices *of tomato there's a zippy tuna-avocado mixture*

Playing delicious games with tomatoes ... slicing, stuffing, stacking

There's more than one way to stuff a beautiful ripe tomato, as these three salads demonstrate. Any of them would make an attractive as well as satisfying lunch or supper entrée on a warm summer day.

For our first salad, a tomato sliced just partway through has pockets for a curry-flavored egg and shrimp mixture. For the next salad, a thickly sliced tomato stacks up nicely to hold a tasty tuna and guacamole filling. And when cut in wedges to resemble a tulip, a tomato makes a perfect container for a ham and cheese macaroni salad.

You can prepare the fillings up to a day ahead, then assemble the stuffed tomatoes as long as 4 hours ahead of serving. To peel the tomatoes, dip one or two at a time in boiling water for about 45 seconds. Then rinse in cold water and slip off the skins.

Curried Egg and Shrimp-stuffed Tomatoes

In a bowl, stir together 3 tablespoons mayonnaise, ½ teaspoon curry powder, ¼ teaspoon garlic salt, and dash cayenne. Add 5 hard-cooked eggs, chopped; 1 green onion, chopped or thinly sliced; and ¼ cup chopped celery. Mix well to blend; cover and refrigerate up to 24 hours. Rinse and pat dry ¼ pound tiny cooked shrimp (fresh, or thawed frozen, or canned), then coarsely chop and stir into egg mixture.

To assemble the salads, peel 4 medium-to-large firm ripe tomatoes; cut out the stems, if desired. Without cutting all the way through, cut each tomato crosswise into 4 or 5 slices. Place tomatoes on lettuce-lined salad plates or in shallow bowls. Gently open slices and fill with several spoonfuls of the egg-shrimp mixture. Cover and chill up to 4 hours ahead. Just before serving, sprinkle with toasted sliced or slivered almonds, if desired. Makes 4 servings.

Tuna-Avocado Tomato Stacks

In a bowl, coarsely mash 1 medium-sized ripe avocado. Blend in 2 tablespoons lemon juice; 1 large clove garlic, minced or mashed; ⅓ cup coarsely chopped celery or green pepper; and 2 green onions, thinly sliced. Thoroughly drain 1 can (7 oz.) solid-pack light tuna and break into chunks with a fork.

Gently stir tuna into the avocado mixture. Season to taste with salt, pepper, and liquid hot pepper seasoning. Cover and refrigerate up to 24 hours.

To assemble the salads, peel 4 medium-to-large firm ripe tomatoes; cut out the stems, if desired. Cut each tomato into 4 thick slices. Spread the tuna-avocado mixture between the slices, stacking each tomato on a lettuce-lined salad plate. Cover lightly and refrigerate up to 4 hours before serving. Accompany the salads with corn chips or tortilla chips, if desired. Makes 4 servings.

Colorful Macaroni-stuffed Tomatoes

Cook ½ cup salad macaroni in boiling water according to package directions; drain well. In a bowl, combine macaroni with ½ cup *each* finely diced cooked ham and shredded sharp Cheddar cheese, 1 tablespoon *each* drained sweet pickle relish and drained chopped pimiento, 2 tablespoons finely chopped onion, ¼ cup mayonnaise, and 1 teaspoon prepared mustard. Mix well. Season to taste with salt and pepper. Cover and refrigerate up to 24 hours.

To assemble the salads, peel 4 medium-to-large ripe tomatoes; cut out the stems, if desired. Without cutting all the way through, cut tomatoes into 4 to 6 wedges. Place tomatoes on lettuce-lined salad plates or in shallow bowls. Carefully open up tomatoes like tulips and spoon an equal amount of the macaroni salad into the center of each.

Cover salads lightly and refrigerate up to 4 hours before serving. Garnish each with a parsley sprig, if desired. Makes 4 servings.

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PETER O. WHITELEY

Chilled fresh *tomato sauce embellishes cold meatballs and vegetables*

Cold meatballs for a warm night

A cool meat and vegetable dish makes a surprisingly refreshing entrée on a warm summer night. Make it in the cool of the morning and serve it chilled.

Cool Spicy Meatballs with Vegetables

- Spicy meatballs (recipe follows)
- ½ cup water
- 3 medium-sized zucchini, cut in ½-inch slices
- 2 *each* medium-sized onions and carrots, thinly sliced
- 1 cup frozen peas
- 2 pounds tomatoes, cut up
- 4 thin slices fresh ginger (from about a 1-inch diameter root)
- ¼ cup sugar
- 1 teaspoon salt

Prepare and bake the meatballs; drain on paper towels, cool, cover, and chill.

In a 12-inch frying pan, combine water, zucchini, onions, carrots, and peas. Cook, covered, over medium-high heat, stirring occasionally until tender, 8 to 10 minutes. Cool, cover, and chill.

Purée tomatoes in blender. In a wide frying pan, combine purée with ginger, sugar, and salt. Boil, uncovered, stirring occasionally, until reduced to 1½ cups. Cool, cover, and chill.

To serve, discard juices from vegetables and then mix with meatballs. Discard ginger from tomato sauce and spoon over vegetable mixture. Serves 4.

Spicy meatballs. In a blender, put 2 tablespoons onion flakes, 4 whole cloves, 2 whole cardamom (hulls removed), 1 cinnamon stick (crushed), and 1 teaspoon cumin seed; whirl until finely ground.

Mix spices with 1 pound lean ground beef, 1 egg, 2 tablespoons fine dry breadcrumbs, 1 teaspoon salt, ½ teaspoon chile powder. Form into ¾-inch balls and place slightly apart on a rimmed baking pan. Bake, uncovered, in a 500° oven until browned, 5 to 7 minutes.

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- 1 lb. ground beef
- 2 cans (4 oz.) Ortega Diced Green Chiles
- ¼ cup chopped onion
- 1 medium clove garlic, minced
- 1 can (8 oz.) tomato sauce
- ¼ teaspoon *each* ground cumin, coriander, and salt.

Brown beef in medium skillet, stirring until crumbly. Drain. Stir in remaining ingredients. Simmer uncovered, 10 minutes or until desired consistency. Makes filling for 12 taco shells.

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Chef Thielke learns simplicity from his Japanese mother-in-law

Chefs of the West

The Art of Cooking... by men... for men

The Japanese are gifted adopters and adapters. They deftly pluck elements from a foreign culture and then manipulate them into something that is thoroughly Japanese and yet original. Historically they have used their gift on material from China, India, and Europe. The secret seems to be to pare every idea to clean, strong bone and then give the subtlest hint of more.

Chef Leo Thielke understands very well how this spirit of simplicity applies to food, the more so since his Japanese mother-in-law recently moved to the Thielke house. Following is the first published result of their recipe trading called Chicken *kara age*. You can translate that as Plain Fried Chicken, but this is Japanese plain, like blossoms against the sky in spring.

Note on adopting and adapting: Mr. Thielke suggests breading the chicken in *pan ko*, sold in Japanese markets. *Ko* is Japanese for (approximately) crumb, but you'll recognize *pan* as similar to the French word for bread—a recent import to Japan.

Chicken Kara Age

- 3 whole chicken breasts (about 2½ lbs.), boned and skinned
- ½ cup soy sauce
- 1 tablespoon grated fresh ginger, or ¾ teaspoon ground ginger
- 1 tablespoon lemon juice
- 2 tablespoons sake or dry white wine
- 6 tablespoons all-purpose flour, unsifted
- 2 tablespoons cornstarch
- 2 eggs, slightly beaten
- 1½ cups *pan ko* or fine dry bread crumbs
- Salad oil

Cut chicken into 1-inch chunks. Combine soy, ginger, lemon juice, and sake; pour over chicken and let stand at room temperature for ½ hour. Stir several times. Drain chicken pieces and pat dry with paper towels. Reserve marinade. Stir together flour and cornstarch. Dredge chicken pieces in flour mixture, shake off excess, then dip in egg, and finally in bread crumbs.

Meanwhile, in a 2½ to 3-quart pan, heat about 2 inches of oil to 375° on a deep-fat-frying thermometer. Fry a few pieces of chicken at a time in hot oil until coating is browned on all sides and center of meat is no longer pink when slashed, about 2 minutes. Drain on paper towels. Serve immediately, offering reserved marinade in a bowl for dipping. Makes 4 to 6 servings.

Leo Thielke
Mountain View, Calif.

There's a lot you can do with a dried bean. Asians make seasoning sauces

One way or the other

. . . you may never make another pie from scratch.

hnston's frozen cream pie looks so light and gh. Lemon cream, Banana, Coconut, Chocolate . . . the cream pie flavors, taste so rich it's almost ful. No preservatives. No work. Just thaw and ve.

hatever you give 'em for dinner . . . a Johnston's eam pie dessert will make your family think they're ecial guests.

GRAHAM CRACKER Ready-Crust

from "the Dessert People" Johnston's

is made to Fill 'n' Eat. So anything you like can be pie. Try this beautifully easy, cool for summer . . .

GRASSHOPPER PIE RECIPE

1 Johnston's graham cracker Ready-Crust® Pie Crust

1 (8 oz.) package cream cheese, softened

1 (14 oz.) can **Sweetened** Condensed Milk (not evaporated milk)

⅓ cup lemon juice

½ cup green creme de menthe

9 oz. frozen non-dairy whipped topping, thawed

Chocolate curls or crushed peppermint candies for garnish

In large mixer bowl, beat cream cheese until light and fluffy. Slowly add **sweetened** condensed milk, beating until smooth. By hand, stir in lemon juice and creme de menthe (no sampling); fold in whipped topping. Lightly pile into crust. Groove soft waves design on top. Add garnish. Chill 2 hours. Refrigerate any leftovers.

25¢ off STORE COUPON **25¢**

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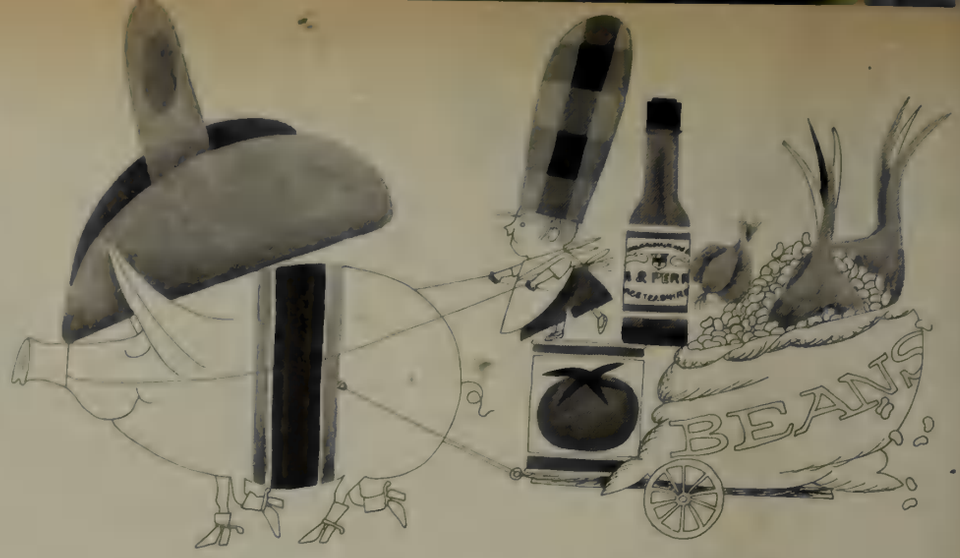
In the Freezer Cabinet at your supermarket.

In the Baking Needs Section of your supermarket.

Johnston Dessert Co., Div. of Ward-Johnston, Inc., 2 Penn Plaza, NY, NY 10001

candy, and what amounts to cheese from their varieties, but the good old down-home approach in the West is a soup or stew starring the bean and featuring onions, tomatoes, meat, and a shot of hot pepper for verve. Doug Downs gives us his version using pink, pinto, or red beans. It's the color that counts when he christens the dish.



"In the West . . . a soup or stew starring the bean"

West Texas Strawberries

- 1 pound dried pink, pinto, or red beans
- Water
- 1½ pounds ham hocks, cracked and rinsed
- 2 medium-sized onions, diced
- 2 cloves garlic, minced or pressed
- 2 tablespoons Worcestershire
- ¼ teaspoon liquid hot pepper seasoning
- 1 can (1 lb.) tomatoes
- 2 cans (8 oz. *each*) tomato sauce
- Seasoned salt and pepper

Place beans in a 6 to 8-quart kettle with water to cover; soak overnight. Drain and add 6 cups water, the ham, onion, garlic, Worcestershire, hot pepper seasoning, and tomatoes (break up with a spoon) and their liquid. Bring to a boil, cover, reduce heat, and simmer until meat is very tender when pierced, 2 to 2½ hours.

Remove ham hocks and separate meat from bone and fat. Return meat to beans and add tomato sauce and seasoned salt and pepper to taste. Simmer 1 hour longer. Makes 6 to 8 servings.

Doug Downs

Modesto, Calif.

"My wife and I spent a holiday on the northern California coast recently, and on the way down to our cabin we picked up some odds and ends for meals at Fort Bragg," says *Chef* G. H. Lewis. "On the holiday, with few stores open, we found ourselves with one chicken, some apple juice, some mushrooms, an apple, and a bit of brandy.

"What did I do? I put them together for 'North Coast Chicken.'"

North Coast Chicken

- Salt and pepper
- 3 to 3½-pound broiler-fryer chicken, cut up
- 2 tablespoons butter or margarine
- 1 medium-sized onion, chopped
- 1 can (6 oz.) frozen apple juice concentrate, thawed
- ¼ pound mushrooms, sliced
- 1 green apple, cored and diced
- ¼ cup half-and-half (light cream)
- 1 tablespoon cornstarch
- 3 tablespoons brandy (optional)
- Chopped parsley

Salt and pepper the chicken pieces. Melt butter in a 5-quart kettle or wide frying pan over medium heat; add chicken and brown well on all sides. Add chopped onion and apple juice concentrate. Cover and simmer for 30 minutes. Add mushrooms and apple and cook, covered, 15 minutes longer or until chicken is fork tender. Remove chicken, vegetables, and apple to a rimmed serving platter and keep warm.

Skim fat from pan drippings. Combine cream and cornstarch; stir into pan drippings with brandy, if used, and cook,

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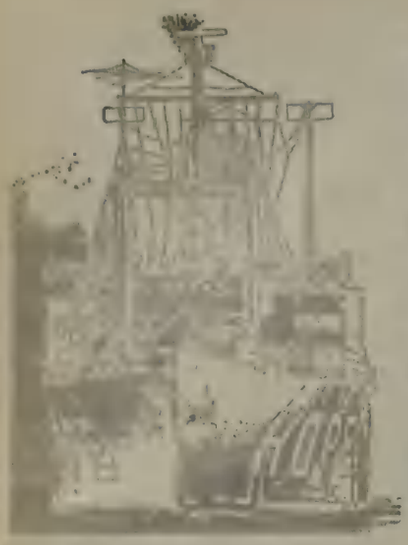
Pick a dilly.

Flav-R-Pac's succulent Blue Lake green beans really snap with the addition of a little dill weed! Just take one 9 oz. package of our frozen beans and cook according to package directions, (or use a 15½ oz. can). In a small saucepan melt ¼ cup of butter or margarine and add ½ teaspoon of dill weed with ¼ cup of whole, salted cashews. Simmer on low heat for 5 to 7 minutes, then add to the cooked and drained green beans. Toss well and garnish with 1 tablespoon of diced pimiento. Serves four. (For our 20 oz. package of julienne green beans double all ingredients except the dill weed, which increases to ¾ of a teaspoon. The pimiento remains at 1 tablespoon).

North Pacific Canners & Packers, Inc.
Portland, Oregon 97202



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Lasagna, with love-Italian style.

Create a great Italian favorite with Golden Grain Lasagna, made from the golden grains of finest durum wheat. It's easier than ever, too. You see, Golden Grain has already made the marvelous sauce for you—their famous Marinara sauce. Lasagna "al Forno"—lasagna with love, Italian style. So sweet and easy to prepare.

Lasagna "al Forno"

1 lb. ground beef
1 small onion, minced
1 clove garlic, minced
2 Tbsp. olive oil
2 (15 oz.) cans Golden Grain Marinara Sauce
Salt and pepper
1 pkg. (8 oz.) Golden Grain Lasagna
1 lb. Mozzarella, sliced thin
2 hard cooked eggs, sliced
¼ cup grated Parmesan cheese

Brown ground beef, onion and garlic in oil. Add sauce; simmer 15 min. Season with salt and pepper. Cook lasagna as directed on package. Layer in oblong baking dish: sauce, lasagna, cheese, eggs, Parmesan cheese. Repeat layers; top with sauce and cheese. Bake at 375°F., 20 min. Serves 6.

THE GOLDEN GRAIN FAMILY OF FINE FOODS

stirring, until thickened. Pour sauce over chicken and sprinkle with parsley. Makes about 4 servings.

Stockton, Calif.

The season for fasting is long past, but *Chef* R. A. Ross's Mardi Gras Squares are good any time. Try them out now and you'll still be making up batches on Fat Tuesday.

Mardi Gras Squares

2 cups firmly packed brown sugar
1 teaspoon *each* ground allspice and cinnamon
½ teaspoon *each* ground nutmeg and salt
¼ cup ground chocolate or cocoa
2 cups all-purpose flour, unsifted
1 teaspoon baking powder
3 eggs
1 tablespoon *each* bourbon and vanilla
¼ cup dark molasses
1½ cups chopped walnuts or pecans

Stir together sugar, allspice, cinnamon, nutmeg, salt, chocolate, flour, and baking powder until well combined. Add the eggs, bourbon, vanilla, and molasses and beat until well blended. Stir in the nuts. Spread in a well-greased 10 by 15-inch rimmed baking sheet. Bake in a 325° oven for 30 minutes, or until firm when lightly touched. Let cool and cut into squares. Makes about 3 dozen cookies.

Sonora, Calif.

"Here is a pancake recipe that has earned me brownie points on Saturday mornings for years," says Larry Brown of Bainbridge Island, Washington. "My wife calls them Brown's Bainbridge Buttermilk and Bourbon Hotcakes."

We'll call them the same thing. Here's how you produce them.

Brown's Bainbridge Buttermilk and Bourbon Hotcakes

1 egg, separated
¾ cup buttermilk
1 tablespoon salad oil
2 tablespoons bourbon
⅔ cup all-purpose flour, unsifted
2 tablespoons cornmeal
½ teaspoon baking powder
½ teaspoon soda
¼ teaspoon salt

Beat egg white until stiff. In another bowl, beat the yolk, buttermilk, oil, and bourbon together until frothy, then blend in the flour, cornmeal, baking powder, soda, and salt. Fold in the egg white. Cook on a lightly greased frying pan or griddle over medium heat until browned on both sides. Makes about 12 pancakes, 3 inches in diameter.

Bainbridge Island, Wash.

The Sunnyside Drive Canning Company declares a dividend.

Sue Bishop gave away more green beans from her garden than her family ate.

Sally Finster discovered a bargain in the farmers market on fresh carrots.

Aunt Elaine remembered how her mother canned fresh vegetables, and the Sunnyside Drive Canning Company was born.

Three neighborhood ladies who bought a Presto® canner and had a great time all summer, bargains all winter.

Sally's extra beans went into the cupboard for winter eating. Those once-a-summer bargains from the farmers market became family treats in January. Aunt Elaine insisted their canner be Presto because that's what her mother used.

With 70 years of experience to share, Presto made it easy. Full instructions, step by step, and the confidence of Presto quality.

The U.S. Department of Agriculture recommends pressure canning as the *only* safe method for low acid foods. Presto pioneered this method of home canning.

The Sunnyside ladies bought a second Presto canner this year.

Start your own canning company with your neighbors, or—go it alone. It's a sure investment with big dividends in money and delicious food for your family.

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DARROW M. WATT

Crookneck *squash, chives, and onion make a cool, creamy, low-calorie soup to sip topped with a sprinkling of sunflower seeds*

Vegetable garden into creamy soup

Fresh summer vegetables and herbs are quickly combined in a blender to make these three creamy low-calorie soups. You can assemble any one of them ahead of time, then keep it in the refrigerator to serve chilled for a refreshing appetizer, snack, or light lunch.

Creamy Crookneck with Chives

Melt 2 tablespoons butter or margarine in a Dutch oven set over medium heat. Add 1 small onion, chopped, and 1 clove garlic, minced or pressed; cook, stirring, until onion is limp. Add 4 cups thinly sliced crookneck squash and 3 teaspoons chicken stock base dissolved in 3 cups hot water. Bring to a boil over high heat; reduce heat, cover, and simmer 5 minutes or just until squash is fork-tender.

Whirl half the mixture at a time in a blender until smooth. Stir in 2 tablespoons finely minced fresh or freeze-dried chives, ¼ teaspoon ground white pepper, ¼ to ½ cup milk (to make desired consistency), and salt to taste. Cover and chill at least 4 hours or as long as overnight. Serve with sunflower seeds. Makes about 6 cups.

Summer Savory and Green Beans

Sauté 5 slices of bacon in a frying pan until crisp; drain and crumble, discarding all but 2 tablespoons drippings. To reserved drippings, add 1 small onion, chopped; 1 large clove garlic, minced or pressed; and 1¼ pounds fresh green beans, trimmed and cut into small pieces. Cook, stirring over medium heat until onion is limp. Add ½ teaspoon *each* salt, white pepper, and nutmeg; 2 tablespoons minced fresh summer savory *or* 1 tablespoon dry summer savory leaves; and 4 teaspoons chicken stock base dissolved in 4 cups water.

Bring to boiling over high heat; reduce heat, cover, and simmer 8 minutes or until beans are fork-tender.

Whirl half the mixture at a time in a blender until smooth; stir in 3 tablespoons dry Sherry and ¼ to ½ cup milk (to make desired consistency). Cover and chill at least 4 hours. Serve with crumbled bacon. Makes about 6 cups.

Tomato-Chile with Fresh Coriander

Heat 2 tablespoons olive or salad oil in a Dutch oven set over medium heat; add 1 large onion, chopped, and 1 large carrot, peeled and sliced. Cook, stirring, until carrot is just tender when pierced. Add 4 cups coarsely chopped tomatoes (about 4 large tomatoes), ⅛ teaspoon liquid hot pepper seasoning, ½ teaspoon salt, 1 teaspoon sugar, and 2½ teaspoons chicken stock base dissolved in 2½ cups hot water. Bring to a boil; reduce heat, cover, and simmer 10 minutes.

Whirl half the mixture at a time in a blender until smooth. Place 6 fresh California green chiles on a shallow pan set 6 inches below a preheated broiler unit; cook, turning frequently until blistered. Drop chiles into a plastic bag. When cool enough to handle, remove skins and seeds and coarsely chop. (Or use a 4 to 7-oz. can diced California green chiles.)

Stir chiles and 2 tablespoons finely chopped fresh coriander (cilantro) or parsley into soup. Cover and chill at least 4 hours. Serve with croutons sprinkled on top. Makes about 6 cups. □

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Celebrate the plump perfection of a fresh-picked California Peach in a refreshing fruit compote topped with the richness of KRAFT Real Mayonnaise.

CELEBRATE THE CALIFORNIA PEACH WITH A PEACHBERRY COMPOTE

Peach slices
Strawberry halves
Blueberries
Toasted coconut
KRAFT Real Mayonnaise

Combine peaches, strawberries, blueberries and coconut, toss lightly. Top with mayonnaise. Garnish with additional coconut, if desired.

KRAFT

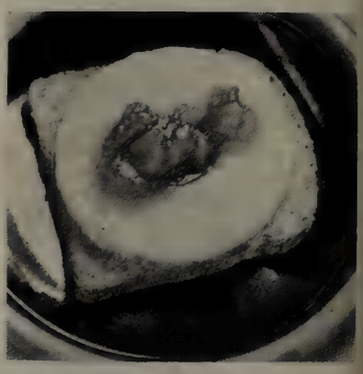
CALIFORNIA FRESH PEACH COMMITTEE

KRAFT
REAL
Mayonnaise

DARROW M. WATT

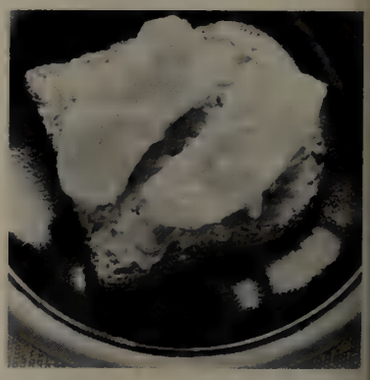
Glazed *apple wedges and nuts on cinnamon toast; serve with sausage for breakfast*

Sweet cherries *warmed in jelly top cream cheese on toast*



Glistening *pineapple ring on toast has dollop of chutney*

Breakfast or dessert or wholesome snack . . . just fruit on toast



Marmalade *coats hot bananas on peanut-buttered toast*

Fruit on toast? The idea is so simple, you may be surprised to discover how good it tastes.

First, butter the toast or spread it with cream cheese or peanut butter. Heat the fruit in honey or jelly to flavor and sweeten it. Place fruit on toast and put into the oven briefly to heat and glaze (a toaster-oven makes it quick and easy). Serve for breakfast, as an unusual dessert, with a cup of tea, or as a nutritious snack any time.

We tell you how to make the four fruit toasts pictured here. Let them spark your imagination to create others using fresh or canned fruits and firm white or whole wheat bread.

Apples on cinnamon toast. Sprinkle 3 slices buttered toast with cinnamon. In a frying pan, heat 12 wedges unpeeled apple (or pear) in 2 tablespoons *each* butter and honey, turning until tender and glazed. Arrange 4 wedges on each slice of toast and top with chopped nuts, if you wish. Bake in a 475° oven for 5 to 7 minutes. Makes 3.

Sweet cherries and cheese. Spread each slice of toast with 2 tablespoons cream cheese. Top with about ⅓ cup pitted sweet cherries (or blueberries or sliced peaches) heated in 1 tablespoon currant or apple jelly to glaze. Bake as for apples on toast. Makes 1.

Pineapple with chutney. For each slice of buttered toast, heat a large slice of fresh or canned pineapple in 1 tablespoon *each* butter and honey (or brown sugar) until hot and glazed. Set on toast and top center with about 1 to 2 teaspoons chopped chutney. Bake as for apples on toast. Makes 1.

Peanut butter and banana. Spread each slice of toast with 1 to 2 tablespoons peanut butter. Cut banana in half, then split lengthwise; heat in 2 tablespoons melted orange marmalade to glaze all over, then put on 2 pieces toast. Bake as for apples on toast. Makes 2. □

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AUGUST IN YOUR GARDEN:

This is payoff month. It's plan month. And it's time to water watch and weather watch

When you're accounting spring and summer gardening efforts, this month and next are the bottom line. It's payoff time. Your garden should be starting to look and taste its best now, so this is a good time to assess your successes and failures and record them for reference in January when you plan next summer's planting.

Jobs this month come down to watering, harvesting, and—if this year is anything like last—watching the weather. Last year, when every other month was substantially drier than usual, August and September each had at least an inch more rain than normal in most of northern California. Rocky Mountain gardeners are accustomed to summer storms, but west of the Sierra, heavy summer rains are remarkable, bewildering, and—in the long run—beneficial.

How-to-do-it publications on bird feeders, terrariums

A number of environment-oriented publications are available free from the National Wildlife Federation. Two garden-related ones are *Recycle for the Birds* and *Terrariums—Mini-Gardens*.

The first contains eight pages of ingenious ideas for easy-to-make bird feeders. Several are made from such prosaic things as milk cartons, pie tins, bleach bottles, coffee cans, and coat hangers.

You can also learn which foods attract which birds. Human feeding and watering may be especially important this dry year because, while some plants produced an abundance of flowers in response to the drought (flowering is a species survival mechanism), there may be too little moisture for an adequate crop of fruit and berries later.

Terrariums—Mini-gardens is a two-page information sheet on glassed-in tabletop gardens. It covers container selection, soil layering, tools, design, planting, and even the addition of insects and amphibians.

For free single copies, write to National Wildlife Federation Dept. SM, 1412 16th St. N.W., Washington, D.C. 20036.

String trimmers are here

During the past few years, rotary "string" trimmers have become increasingly popular. All models operate on the same principle: A high-speed motor whips a 6 to 12-inch nylon line in a constant circle, slicing off weeds and grass in its swath. When the line hits any hard surface, it bounces or breaks off. The line is reel-fed, so whenever it breaks—frequently, around hard surfaces—just turn the motor off and pull out enough line to replace what has broken.

Since a nylon line, not a blade, does the cutting, it won't damage trees, shrubs, or other woody plants that it hits. And it can edge or trim in rock gardens, corners, and over uneven ground (such as hillsides) where conventional lawn mowers don't work well.

Prices start at $10 for a drill-powered unit (use your electric drill), but most trimmers cost $30 to $90. Generally,

Sunset's
GARDEN GUIDE

RUSS WIDSTRAND

Hard-to-reach *places, as around tree trunks, are no problem for string trimmers; nylon cutting line won't damage trees. Even cutting depends on your holding the trimmer steady*

nder the lath, shade-
vers and subtropicals

ove and below the massive beam, h shades this leafy corner of lph Cox's patio in Cypress, lifornia. The mild Orange County mate lets him grow some subtropical ants outdoors, including the pygmy te palm just behind the right-hand nch. Other plants that enjoy shade here include several kinds fern, a fancy-leafed begonia and lden baby's tears (in the container), d coprosma (lower right).

winter, some of the overhead h panels are removed to let through re light. Horizontal fencing ds height above the concrete block ll and gives the patio more privacy d wind protection.

STEVE W. MARLEY

Occasional fruits *that grow on camellias look like rough brown apples, but they're just inedible seed pods*

the inexpensive units are lighter, have finer nylon line, less power, and cut a narrower swath (perhaps 8 inches instead of 16) than heavy-duty models. There's also more danger of burning out the small, high-rpm motors in prolonged use. Though at least one battery-powered model is available, virtually all electric string trimmers run on house current, so make sure you have enough extension cord if you want to trim the hinterlands of your garden.

Gas-powered trimmers usually weigh more than 10 pounds (harnesses help support them) and cost $200 to $300. Made to stand prolonged use, these cut a very wide swath, often with more than one line.

Whatever kind you choose, wear work shoes, heavy pants, and protective glasses when using it because the cutting line can pick up small sticks or rocks and sling them back at you. Also, periodically clean the hub (it holds in the spool) to prevent the motor from jamming.

When your camellia goes to seed

About this time, novice gardeners sometimes ask about strange "apples" or growths on their camellias, as pictured at left. Actually these are just the natural fruit of the plant and bear seeds you can plant in another month or so.

Seeds are most common from single or semidouble flowers (we show one from a semidouble *Camellia reticulata*). Occasionally, one turns up on a formal double.

Wait until the fruit splits open, then plant the three to five large black seeds not more than ½ inch deep in an equal mixture of peat and damp sand. Seedlings should come up in three months; transplant when they have four to six leaves. Your plant will first flower in four or five years. If you don't like its blossoms, graft onto it a scion of a variety you do like.

What's in a name?

Split-leaf philodendron is its common name, because that's what it looks like. But grow it in a greenhouse and you'll understand why taxonomists call it *Monstera deliciosa:* It's part of a family of huge tropical climbers, and its fruit is truly delicious.

Fruit is ripe when the hexagonal coverlets on its surface become distinct and easy to pull off. Eat the "kernels" between the coverlets and the core (shown below), but only after removing any crystalline skin with a toothpick. These skins are of calcium oxylate, and eating them gives an unpleasant sensation akin to eating glass shards. □

GLENN CHRISTIANSEN

Banana-pineapple: *That's what the fruit of a split-leaf philodendron tastes like*

AUGUST CHECK LIST: *Here are the important jobs*

☐ **Annuals.** Near the coast, sow cineraria, nemesia, schizanthus, and sweet peas in the ground for fall and winter bloom. Sow calendula, pansy, stock, snapdragon, and viola seeds in flats for planting when nights begin to cool. These all need regular watering to sprout. If you don't have water to spare, plant seedlings from nurseries in late fall when rains should come.

☐ **Azaleas, rhododendrons.** The next two months are critical. Though nights are getting longer, consistently hot days can dry out azaleas and rhododendrons. Consider building a cubical wood frame draped with shade cloth to protect plants from direct sun, and give them as much frequent—though not necessarily deep—watering as you can afford.

☐ **Bulbs, corms, roots.** Set out colchicum, autumn crocus, daylilies, and iris now.

☐ **Chrysanthemums.** For fewer but larger flowers at bloom time, remove all but one or two buds from each branch or stem tip.

☐ **Citrus.** Expect more fruit drop than normal if you've fed and watered less this year. Give trees in containers a light feeding; feed in-the-ground trees if leaves are yellowing.

☐ **Grooming.** Don't allow ripe fruit and vegetables to lie in the garden; they draw flies and yellowjackets.

☐ **Lawns.** Let dichondra stand without mowing this month, (the leaves reduce evaporation). Mow other warm-season lawns at 1 inch. Cool-season lawns (bent, bluegrass, fescue, and rye) are dormant now, so don't feed or mow them at all where weather is hot; just water every 7 to 10 days to keep roots alive.

☐ **Pears.** 'Bartlett' and other summer pears are ready to pick this month when they can readily be lifted off the spur they grew on. Color is not a reliable indicator of when to harvest. Store in a cool dry place to develop full flavor.

☐ **Roses.** Feed plants lightly and water when you can with clear or gray water. Let flowers go to hips to inhibit further bloom, unless you've got enough water to support it.

☐ **Tomatoes.** In California, pick fruits as soon as they ripen to encourage further fruiting. In the mountains, pick and dispose of new immature fruits; keep the largest fruits and hope that they'll ripen on the vine before frosts.

☐ **Vegetables from seed.** Start bush beans, carrots, chard, corn, leaf lettuce, and leeks now for fall crops. Shade seedlings from midday sun.

You can discourage damping-off diseases by not overwatering and by using a fungicide in the water you give them.

Begin your next vacation in bed.

First, crawl into bed.

Then curl up with a good book: the Yellow Pages.

Because whatever vacation you're dreaming about, a trip through the Yellow Pages before you leave, will help you make it better. And, with a little imagination, the Yellow Pages becomes a lot more than a place to find a friendly *Travel Agency* or brand name *Luggage*.

It becomes a Book of Ideas.

Just turn to the index and you'll see what we mean.

Need a little traveling money? A lot of *Banks* now make loans by phone.

Now, where in the world are you going to spend it? If you're thinking about hitting the antique shops of Amsterdam, you may want to contact a good *Language School* first.

What about chartering a plane to a really secluded spot? Look under *Aircraft Charter & Rental*. Or perhaps you were considering hopping a freighter to Singapore. There's a whole chapter on *Steamship Agencies*. Don't forget to renew your passport. See a *Visa Service* for help.

Would you like to see what New Zealand is really like before you buy those tickets? Then look up *Motion Picture Film Libraries*.

Camping? Check your gear. You may want to turn to *Fishing Tackle Repairing & Parts*.

Oh, if you're a beachcomber? Then see what you can dig up under *Metal Locating Equipment*.

Before you go, what about the kids? See the chapter on *Baby Sitters*.

The family pets? Look under *Dog and Cat Kennels*.

Also *Gardeners* so you won't come home to a weed forest.

Don't forget *Swimming Suits, Photographic Equipment and Supplies*, and *Maps*.

The Yellow Pages has it all. Everything from *A* to *Zippers-Repairing*.

So just curl up in bed, let your fingers do the walking, and let your imagination go.

It's a good trip to take before you take that trip.

THE BOOK OF IDEAS

IT'S THE YELLOW PAGES FROM PACIFIC TELEPHONE.

A material for patios and poolside that's the delight of do-it-yourselfers as well as architects, wives and other perfectionists . . .

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RICHARD FISH

Trained *as small trees, oleanders add a formal touch to this entry garden. Landscape architect was Jack Chandler*

Oleanders will dance to almost any tune

Despite its popularity as a landscape plant, few gardeners realize how many ways an oleander can be used. Besides its traditional role as a screen or large shrub, oleander lends itself to training as a hedge, standard (tree shape), or as a container plant.

Oleander is a natural for hot summer areas, for it loves heat, isn't particular about soil, and needs little water. However, for best bloom, plants need water in spring and early summer, and a light feeding in fall and spring. Pruning and trimming will depend on how you use them in the garden.

Oleander was once prey to black scale, but efforts by the citrus industry to eradicate the pest through natural contro have succeeded; today oleander is virtu ally pest-free.

Oleander as a tree

A particularly striking way to grow ol anders is to train them as standards. Th ones you see pictured above lend slightly formal effect to the entry garde of Dr. and Mrs. Blayne A. Gumm Santa Ana.

The Howard Lorbeers of Fillmore, Ca ifornia, have also planted many ol ander standards, and find that the singl blossom trees work best. Trees bearir double blossoms have such heavily lad stems that they tend to droop instead

WILLIAM APLIN

Screening *rear of house from busy street, oleanders bloom through the summer*

holding up compact clusters as most people prefer.

An oleander trained as a standard requires strong support (a 2-inch pipe or a 2 by 2-inch stake) and heavy pruning at first. Trim branches to expose a single trunk and then pinch out new growth along the side to encourage the treelike form. Oleander standards normally grow to a height of 8 to 12 feet.

Prune once a year in early spring before new growth and flower buds appear.

Trained as a hedge

An oleander hedge is a practical and attractive way to separate a garden or lawn from a sidewalk. Here's how the Lorbeers planted theirs: They dug a trench and set the plants in it, still in their 1-gallon cans, as close together as possible. The metal cans rusted out quickly and the result was a dense, feathery hedge that blooms well if not pruned too late in the spring. Three light prunings a year should keep it looking its best.

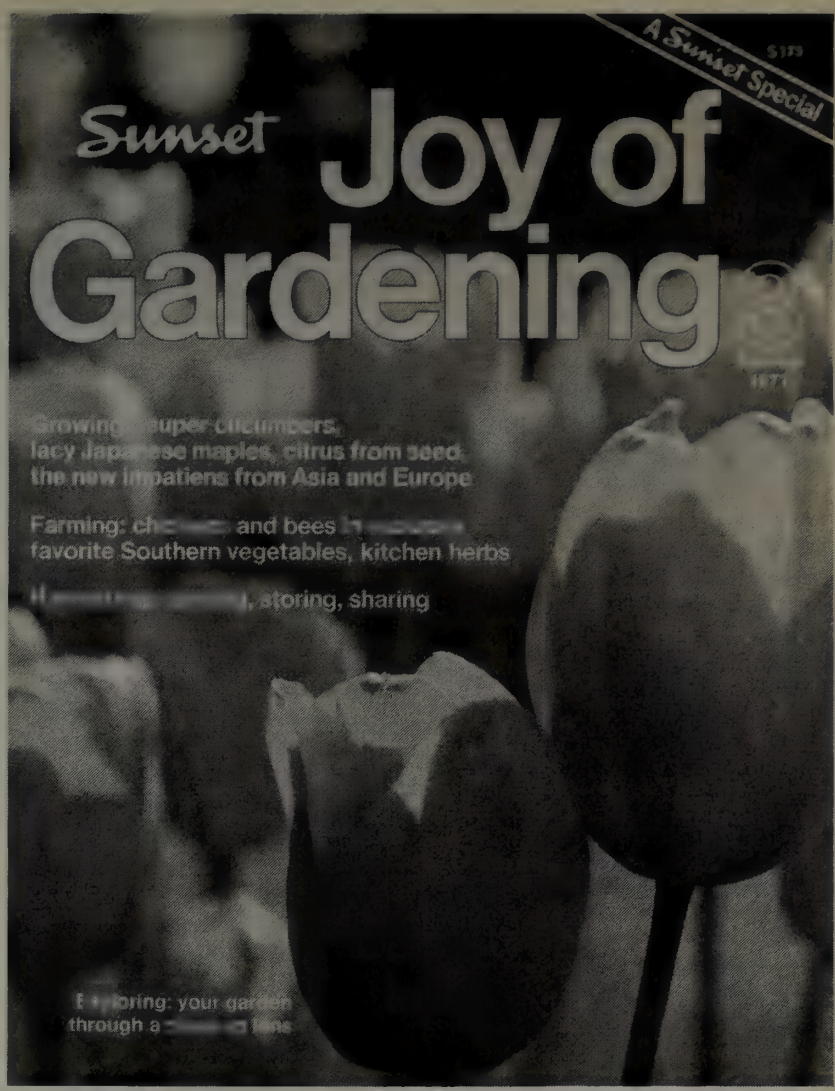
As screens and in containers

The oleander screen in the photograph above separates a garage and back area of a house from a street to the rear. It's not as dense as a hedge, but it doesn't need as much pruning, either.

To restrict height, pinch tips or prune them back lightly. To encourage bushiness, don't remove sucker growth at the base of the plant.

Some oleanders, particularly the double-flowering varieties, make fine container plants. You can prune them compact and dense, or let them take their own shape. They do tend to stay small when confined to a planter, however.

All parts of oleander are poisonous if eaten. Warn children not to chew on leaves or stems of this or any other plant; don't use oleander wood for barbecues or skewers. □



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Joy #2 came out early in January '77, and again, it was received enthusiastically.

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You can pick up a copy of Joy #3 at any newsstand now. If you prefer, send your check—$2.50 ($1.75 plus 75¢ for postage and handling) for *each* edition. *California residents add 11¢ tax* for each issue. Mail to: Joy of Gardening, Lane Publishing Co., 80 Willow Road, Menlo Park, California 94025.

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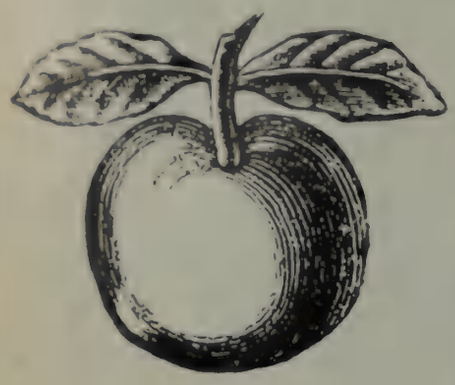

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Projecting a slide *of her front ya (shown at right) helps owner plan f relandscaping. She traces outline of hous then draws in new garden desi*

Using a slide projector to help plan your garden

Architects and landscape architects use slides in the way shown here to help clients visualize proposed designs or changes. You can easily adapt this technique to your own remodeling projects; with features like windows, doors, roof and ground lines already in the slide, you'll have little trouble drawing in the correct scale and dimension. This method will let you try out several ideas, then compare them side by side.

You'll need slides of the area designated for remodeling, a projector, tracing paper, soft pencil, a fine or medium-point dark felt-tip pen, and your own imagination.

Most professionals use rolls of lightweight tissue-like paper available from

Proposed face-lift *for a 35-year-old entry: Sketch made from slide shows how new deck, stairs, windows, and door will look*

KAREN E. CONDO

BILL ROSS

architectural or art supply stores. It's inexpensive enough (about $3) that you can tear off as much as you need, draw on it, and throw it away if you're dissatisfied—without feeling guilty.

Set up the projector so that it focuses on the wall at a level where you can work sitting down. Unless you're a skilled artist, you'll find it less time-consuming to start by sketching in just the proposed changes on the tissue. If it's not right you can throw it away with no time lost in drawing the background. When you're satisfied with the results of your new design, use a dark felt-tip pen to draw in the permanent existing background as well as anything you've sketched with pencil.

Your eye will compensate for features that you only suggest with a few lines—your imagination sees an entire tree, for example, even though you've only drawn in the trunk, a few branches, some leaves. By keeping the drawing simple, you'll be better able to visualize the merits of your relandscaping or remodeling. □

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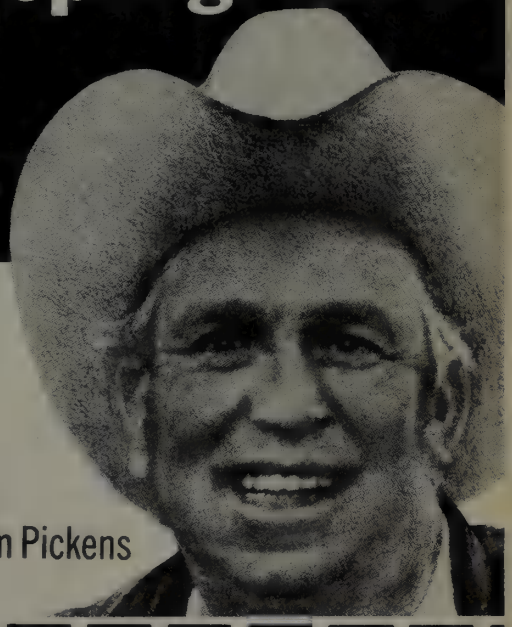

Slim Pickens

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San Francisco. Permanent special sections in Strybing Arboretum, Golden Gate Park, open to the public: California native plants, home-gardening ideas, redwood trail, Garden of Fragrance, and succulents. Hours: weekdays, 8 to 4:30; weekends and holidays, 10 to 5. Daily guided tours begin at the information kiosk at 1:30; international plant walk Thursdays and Sundays at 10:30. Free.

Turlock. August 1 through 7. Flower displays in the Floriculture Building and vegetable exhibits in Building I of the Stanislaus County Fair. Place: fairgrounds. Hours: weekdays, 11:30 to 4, 11 A.M. to 11:30 P.M. Saturday; 11 to 10 Sunday. Admission: $1; ages 6 through 12, 50 cents; under 6, free.

Saratoga. August 4 through September 1. Noncredit Thursday course on home hydroponics sponsored by the Extension Department, UC-Santa Cruz. Place: Room 701-704, Saratoga High School. Hours: 7 to 9 P.M. Fee: $45. To register, telephone (408) 429-2351.

Sunnyvale. August 6. Show and plant sale by the Santa Clara Valley branch, American Fuchsia Society. Place: Cherry Chase Shopping Center, El Camino Real and Bernardo Ave. Hours: 10 to 6. Free.

Sacramento. August 6 and 7. Begonia and companion plants show by the Sacramento branch, American Begonia Society. Place: Shepard Garden and Art Center, 3330 McKinley Blvd. Hours: 2 to 8 Saturday; 10 to 6 Sunday. Free.

Ross. August 7. Annual fuchsia show and plant sale presented by the Marin County branch, American Fuchsia Society. Place Marin Art and Garden Center, Sir Francis Drake Blvd. Hours: 11 to 4. Free.

Concord. August 13 and 14. Bonsai exhibit at the Diablo Japanese American Club summer festival. Place: Clubhouse grounds, 3165 Treat Blvd. Hours: 2 to 8 Saturday; noon to 10 Sunday. Free.

Oakland. August 13 and 14. East Bay Dahlia Society show. Place: Lakeside Park Garden Center, 666 Bellevue Ave. Hours: 1:30 to 5 Saturday; 10 to 5 Sunday. Free.

San Francisco. Beginning August 16, fall classes in plant identification and plant printing with Ida Geary (author of *The Leaf Book*), sponsored by San Francisco Community College. Place: Fort Point Promenade Classroom (Bldg. 672) in the Presidio. Hours: 10 to 4. For information, telephone (415) 239-3076 or 556-1693. Free.

Santa Rosa. August 20. Show presented by the Santa Rosa branch, American Fuchsia Society. Place: Luther Burbank Art and Garden Center, 2050 Yulupa Ave. Hours: 11 to 4. Free.

Daly City. August 20 and 21. Show and plant sale by the Pacifica branch, American Fuchsia Society. Place: fountain mall, Serramonte Center, Interstate 280 and Serramonte Blvd. Hours: 10 to 5 both days. Free. A special booth will provide information on fuchsia culture.

San Leandro. August 20 and 21. Annual show presented by the San Leandro Dahlia Society. Place: Bayfair Shopping Center, E. 14th St. and 155th Ave. Hours: 3 to 5:30 Saturday; 10 to 5:30 Sunday. Free.

San Francisco. August 26, 27, and 28. Fortieth annual San Francisco County Fair Flower Show sponsored by 21 San Francisco garden clubs. Place: Hall of Flowers, Golden Gate Park, Ninth Ave. and Lincoln Way. Hours: 10 to 8 Friday and Saturday; 10 to 6 Sunday. Admission: $1.50; senior citizens, $1; children up to 12 years old, free.

San Francisco. October 15 through November 4. "Garden Safari" tour to South Africa, sponsored by the Strybing Arboretum Society and led by arboretum director John E. Bryan. Extensive wildflower sites in South Africa will be visited. For details, write to Strybing Arboretum Society, Ninth Ave. and Lincoln Way, San Francisco 94122.

COLORADO

Denver. Two-day workshops sponsored by the Denver Botanic Gardens. Place: Classroom B, botanic gardens. Time: 9 A.M. *August 3 and 24* (Wednesdays): making rose beads from dried rose petals. *August 15* (Monday) *and 19* (Friday): collecting and drying flowers in silica gel. To reserve space in limited class, telephone (303) 297-2547, extension 23.

Pueblo. August 27 through September 5. Colorado State Fair. Place: Flower exhibits in the Living Arts Building, poultry in the Small Animals Building, fairgrounds. Hours: 10 to 10 daily. Admission: $2; under 12, $1; under 6, free.

Denver. August 30. Demonstration and lecture on winter pruning sponsored by the Denver Botanic Gardens. Place: Classroom B, botanic gardens. Time: 9:30 A.M. Free. □

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Cavity treatments: *Older method at left used cement as filler, but here more wood rotted away. Newer but not necessarily better ways include ¼-inch screen to keep cavity clean (center), and metal cover screwed over a more rain-exposed gap (right)*

If you must deal with tree cavities

Recent research by the U.S. Forest Service reveals some drawbacks in the standard ways of dealing with tree cavities, as pictured above.

One of a tree's natural defense mechanisms is to seal off a wounded area internally with extra-tough decay-resistant layers of cells. That's why you often see trees with a hollow center surrounded by sound wood.

If you break this natural defense barrier—whether to clean out a cavity in order to fill it, or to drill a drain hole for water—you expose sound tissues to decay, and often even carry the decay organisms into this wood on your tools.

There are times when the methods shown may still be best. For a tree that's especially valuable or in a position to endanger people or property, you should consult a professional arborist.

For other damaged trees, work with nature as much as possible. Remember that natural defenses work best when a tree is healthy. So provide adequate water, nutrients, and light. Correct drainage and soil compaction. Treat any insect or disease problems. Cut off dead or dying branches, and clear deadwood and other disease-harboring debris from the area. Remove competition from less valuable plants nearby.

Water pockets do not necessarily encourage further decay, but they do harbor mosquitoes. For the tree's health siphoning the water out or pouring a thin film of oil over it may be preferable to a drain pipe.

Experiments show that pruning sealers don't do much to protect wood from disease, but they may reduce dieback and peeling of the cambium (the slick tissue between bark and wood). Many professionals find orange shellac most effective for this purpose. After the shellac dries you may want to cover it with a *thin* layer of asphalt emulsion, mainly to make the area less conspicuous. It may also deter insects to some extent. Too thick a layer tends to blister, forming water-holding pockets that may actually encourage decay.

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PETER O. WHITLEY

Last good show *of the year comes in July, just before time to divide these crowded plants*

Taking action with daylilies

In most of the West, August is prime time whether you plan to put in new plants, divide old ones, or root offsets

Tough, persistent, and tolerant of almost any soil, the daylily (*Hemerocallis*) also survives drought better than most plants. If such qualities make you want to give some space—or more space—to these blooms (which range from pink and yellow to red and purple), there are three ways to do it; by dividing large daylily clumps, yanking leafy growths off old flower spikes, or buying new plants through specialty nurseries.

Whichever way you choose, August is the best month to do it in all but the hottest regions. In much of the West you can plant or transplant, in full sun, any time in spring, late summer, or fall. But in the mountains or other areas subject to cold winters, August is the last safe month to work. In regions where August is very hot, you can still safely set new plants in partially shaded area, but if you want to plant them in the full sun where they like to be, wait until the high summer heat passes (usually in October or November).

If you want to introduce daylilies to your garden using a neighbor's plants, or if you want to increase your present collection using your own plants, you have two methods available. The most popular is to divide large daylily clumps. The second method, more of a novelty, is to root leafy growths from old flower spikes.

Dividing clumps

When you start out with daylilies in large clumps, dividing them is a quick

way to get more plants large enough to flower soon. But unless you're in a real hurry for more plants, don't disturb a clump that's flowering successfully; wait until flowering is finished. (And don't try to redivide any recently separated plants; depending on the variety, you may have to wait two to four years before they're ready to split again.)

Once you decide to divide a clump, dig up the entire plant and carefully shake or wash off the soil. Avoid damaging the roots. Feel around and take a good look at the clump to determine just how many divisions (*fans*, as daylily enthusiasts know them) you can make. If the lengthy leaves make handling the clump awkward, you can cut them back to 6 inches.

Some clumps may pull apart easily. If not a sharp spade, hatchet, or stout knife will usually do the trick. For extra-large clumps, use a pair of sturdy spading forks (they can be awkward on smaller clumps). Jiggle and spread the forks apart. You'll end up with less root loss this way than with cutting.

Remove the dead and very old roots to encourage new, vigorous roots. Don't throw away the small fans that break off in the dividing process—they, too, can be planted.

Once you've divided the clump, plant the separated fans 3 feet apart. This allows for a few years' worth of growth. And, of course, mulch the newly set-out plants. From August to September plantings you'll have blooms next year; if you plant next spring, flowers will come the same year.

NORMAN A. PLATE

To divide a clump: *insert two spading forks back to back in center. Spread apart to make two plants*

Mail order *from nursery: You should receive well-rooted divisions that will give bloom in about six months*

Rooting offsets

Gardeners willing to wait for flowering daylilies have another option. Some varieties have an interesting habit of producing tiny plants on their flower spikes. Daylily hobbyists call these offsets *proliferations*. A good-size clump can produce dozens of these proliferations, giving you additional new plants for the garden.

Pick the offsets at maturity—that is, when the flower stem shows such signs of dying as drying out or browning. On the plant, mature offsets may even have roots forming.

Root the offsets in a mixture of ½ sand or perlite and ½ peat or leaf mold. Locate the bed out of direct sunlight and keep it moist. You should have well-rooted plants within a month.

With care you can root even immature offsets. Put a rooting compound with fungicide on the bases of these younger offsets and handle them carefully.

You can place well-rooted offsets into the garden right away, but a more cautious approach, particularly in rough winter areas, is to set the young plants in a coldframe or similar protected spot for their first winter. The plants can then fill a permanent garden spot in spring. In a year or so, they'll produce their first flowers.

Buying daylilies

Local nurseries generally carry a small selection of daylilies of unnamed colors. The plants are usually canned, ready to plant, and sometimes are even flowering.

If you're after a large selection of named varieties, you'd be better off going to daylily specialists. The following are a few of the largest growers offering catalogs (some for a price); they can ship daylilies to you from now through fall: Cordon Bleu Farms, 418 Buena Creek Rd., San Marcos, Calif. 92069; Jackson & Perkins, Box 1028, Medford, Ore. 97501; Melrose Gardens, 309 Best Road S., Stockton, Calif. 95206, and Pilley's Gardens, 2829 Favill Lane, Grants Pass, Ore. 97526. □

NORMAN A. PLATE

To use stem offsets: *They begin to mature (left) with browning of spent flower stem in June. Pull off and root in August. Eight months later (above) offset should have a grand mass of roots. Now it deserves a larger pot or a place in the ground*

Opel makes news.

The results of the Buick Opel 5-Car Showdown are in!

Opel finishes...uh...2nd.

A lot of car makers compare their car to other cars.

We compared our car *with* other cars.

In a daring, fender-to-fender competition called The Buick Opel 5-Car Showdown. In it, we pitted our Opel against four better known competitors in point-by-point, side-by-side, independently supervised tests of acceleration, cornering flatness, parking-lot maneuverability, pulling power, gradability, and a few other areas. In short, some of the things you'd like to know when you go out to shop for a car.

It was a bold move. After all, what if we didn't win?

Well, to make a long story short—we didn't. When all the tests were completed and all the figures tallied up, Opel finished second, right behind VW Rabbit. You can imagine how thrilled we were. But look at it this way: in order to finish second overall, we had to beat Toyota Corolla, Datsun B-210, and Subaru DL in a number of instances. (And in some areas, we beat VW, too, as you'll see.)

Which is a victory. And not just a moral one.

You see, we know Opel is a little dynamo of a car. But apparently no one else did. Because it seemed that whenever anyone went out looking for a practical little import, they looked real hard at the other cars in the Showdown. But hardly ever at ours.

So we wanted to show that Opel could hold its own against its famous competitors. That it should definitely be considered when you wander out to shop.

In other words, we were confident Opel was good enough to take on this competition.

Opel announces 4-doors.

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After all, if you've got a family (or maybe some friends you like taking along on spirited spins around the countryside), you need to carefully examine a car's ins and outs. So we gave you two more.

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Final Test Results	VW Rabbit	Buick Opel	Toyota Corolla	Subaru DL	Da B-
	(Showdown Point Summary)				
Interior Noise	5	5	5	5	
EPA Interior Room Estimates	5	3	4	2	
EPA Trunk Capacity Estimates	5	3	2	4	
Pulling Power (30mph 3rd gear) (55mph 4th gear)	3	5	4	2	
Parking Lot Maneuverability	3	5	4	2	
EPA Mileage Estimates	3	2	4	4	
Estimated Range	2	3	5	5	
Maintenance Stops* (Recommended)	5	3	4	2	
Acceleration (0-55mph, 20-35mph) (30-70mph)	5	4	3	2	
Gradability*** (30mph 3rd gear) (55mph 4th gear)	5	4	3	3	
Cornering Flatness**	4	5	3	4	
Steering Quickness	5	5	5	4	
Grand Total	50	47	46	39	

*The less frequent the number of visits over 37,500 mil normal driving, the higher the score. The number and typ inspections, adjustments and replacements would vary by

**Based upon opinion that less lean is preferable to more l

***Includes vehicle weight.

In California, Opel placed second on an overall basis. Indiv test results vary from those shown above.

See your Buick Opel dealer for complete details.

Opel makes sense.

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That will let you experience our dy-contoured vinyl seats. Seats tai-ed for comfort and good lateral port. With seatbacks that adjust.

It'll show you—in one quick glance—v easy it is to read Opel's well ught-out instrument panel, and ch Opel's well-placed controls.
And it will reveal (most abundantly) el's thick, standard pile carpeting e more way this small car lives up s Buick name). Perhaps even startle with an amazing sight in small cars se days: a real glove compartment . . . locks.
What you will most certainly notice , though—if you happen to be sitting e driver's seat of an Opel Deluxe pe—is that you're not just looking bunch of warning lights. But gauges. chometer right next to the speed-eter. An oil-pressure gauge. An meter. An electric clock with a ond hand. All standard. To let the husiast in you keep a close eye on kind of response you're getting from gutsy 1.8 litre dynamo under the d.
But to really feel how Opel goes on road, you should really feel it. the road.
And, oh, what a feeling.

Opel performs.

Indeed it does. As the 5-Car Showdown will testify. First of all, in tests of cornering flatness and steering quickness, none of the competitors out-ran Opel. And in tests of acceleration and gradability, only the VW Rabbit (a car much-ballyhooed for its fuel-injected engine) was able to nose out our Opel for top honors.

Opel's strong showing in these areas isn't surprising when you consider its own accoutrements. Like the dynamic overhead-cam, 4-cylinder hemi engine. Four-coil-spring-suspension. Front stabilizer bar. Rear track bar. Floor-mounted, full-synchronized, short-throw, 4-speed manual transmission (with 5-speed and automatic available). Rack-and-pinion steering. And lots more.

Nevertheless, it still may surprise you. But then, up to this point, maybe you haven't considered Opel.

Maybe you should.

More than just mileage: range.

When you do consider Opel, you'll find it quite considerate of you. With EPA mileage estimates of 36 mpg on the highway and 23 mpg in the city. (The actual mileage you get will vary depending on the type of driving you do, your driving habits, your car's condition and available equipment. Estimates lower in California.) But don't stop there.

You won't have to. Because with Opel's 13.7-gallon gas tank (largest of any of the cars in the Showdown, by the way), its estimated range is about 350 miles.

(By the way, this range estimate is a function of both gas tank capacity and miles per gallon, and is based on multiplying the EPA combined estimate, which is 27 mpg, by gas tank capacity. Actual range may vary.)

The best news of all.

If by now our intrepid little Opel is beginning to sound like an intriguing proposition, let us suggest you hurry to your Buick Opel dealer for further consultation.

Not only will he give you a brochure with complete details on the 5-Car Showdown, he'll be happy to provide you with one of those revealing test-drives we mentioned.

And, of course, he'll show you how very affordable Opel is to buy.

Come on, now. Any car with this much going for it is at least worth considering, isn't it?

BUICK OPEL

WILLIAM APLIN

Glade of palms *makes an exotic playground for pint-sized explorer. Six species of palms visible here combine with an airy tree fern (you see its fronds at upper left)*

You're looking at a 12-year-old coastal San Diego garden that's a lush and jungly place to the casual observer. But to a palm lover, it's a marvel: 5,000 square feet crammed with more than 60 species of rare or unusual palms.

Jim Wright, the owner of this garden, uses palms for their landscape potential rather than as indoor or greenhouse prizes. Over the past 12 years he has experimented with scores of palm species—purchased, traded, or raised from seed. Most have been thought too tropical to survive outside in areas without high humidity and high temperatures. A list of those he has grown successfully is at right.

The Wright garden is located in that strip of marine-influenced Southern California coast where winters are usually frost-free and the air is never really dry (Zone 24 in the *Sunset Western Garden Book*). This narrow belt stretches from San Diego to Santa Barbara. Many of the hardier palms listed will grow equally well in Zone 23, just inland.

Mr. Wright learned early that it's easier to grow the rare kinds from seeds than it is to find them at nurseries. To begin his collection, he joined the Palm Society—an international organization which puts members in contact with other collectors and specialist growers, and gives them access to the society's seed bank. Most of his plants were propagated from seeds out of the seed bank, acquired in trade from other society members, or purchased as 2 or 4-inch seedlings or in gallon containers.

Several times a year Mr. Wright gets wood shavings from a local stable to apply as a top dressing and soil amend-

This San Diego garden is a jungle of palms... more than 60 kinds

Lofty *king palms protect shade-loving Chamaedorea seifritzii in center, pygmy date palm at left, and Mediterranean fan palm at right*

BILL ROSS

Shaving brush palm, *top center, grew this high in 12 years from gallon can*

ment. Because the shavings can rob soil of nitrogen, he feeds heavily with a slow-release, pelleted 12-8-4 fertilizer in spring, summer, and early fall.

To join the Palm Society, send $12.50 to 1320 S. Venetian Way, Miami 33139. Membership brings you the society's illustrated quarterly publication. For a good look at many of the species available from the seed bank, look in *Palms of the World*, by James C. McCurrach (Horticultural Press, 1970; $10).

Alongside the palms listed below is an indication of hardiness and availability. EA means the palm is easily available. A means it's available but you'll have to search, those listed as R are rare or very hard to find except through specialist growers or by seed, T indicates frost tenderness, and HH means they're half hardy—they'll survive occasional nights of frost.

Caryota mitis—EA, T
Caryota urens—A, T
Chamaedorea brachypoda—A, HH
Chamaedorea costaricana—EA, HH
Chamaedorea elegans (Neanthe bella)—EA, HH
Chamaedorea ernesti-augusti—A, HH
Chamaedorea erumpens—EA, T
Chamaedorea glaucifolia—A, HH
Chamaedorea klotzschiana—A, HH
Chamaedorea microspadix—EA, HH
Chamaedorea oblongata—A
Chamaedorea radicalis—A, HH
Chamaedorea seifritzii—EA, HH
Chamaedorea tepejilote—A, T
Chrysalidocarpus decipiens—R
Hedyscepe canterburyana—A
Howeia belmoreana—A, T
Howeia forsteriana—EA, T
Hyphaene thebaica—R
Lepidorrhachis mooreana—R, T
Linospadix monostachya—R, HH
Neodypsis decaryi—R, T
Parajubaea cocoides—R, HH
Pritchardia beccariana—A, HH
Ptychosperma elegans—R, HH
Rhopalostylis baueri—A, HH
Rhopalostylis sapida—EA, HH □

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BILL ROSS

Broad gravel terrace *covers most of old concrete walkway. She's pushing aside pebbles to expose original paving below. Railroad ties keep the pebbles in place*

Rock ground cover can work as a cover-up

It's the versatility of rock ground covers that makes them so appealing. As we illustrate on pages 70 through 73, their use extends beyond service yards and "back forty" driveways. You can bring them up front in your garden and give them double duty—they're talented as both worker and performer.

Here are two examples of another role in this material's repertoire: a cover-up for things you'd rather not see. Both were designed by landscape architect Jack Smith for George and Myrna Weiss of Studio City, California.

For these situations, Smith wanted a material that would disguise various drainage devices built into the garden, but allow them to remain functional

BILL ROSS

Dry creekbed design *beside deck is more than ornamental. Remove a few stones (far right) and you find heavy wire screen; beneath that, a concrete culvert carries slope runoff away from house*

and accessible. In this case, rock cover-ups have several advantages. They make a handsome surfacing material that lets water drain through and helps prevent erosion. And they can be moved aside easily so you can get to whatever they're covering.

In one part of the garden (see photograph at left), Smith covered up old concrete and bare earth with a 2-inch layer of pebbles to make a broad soft-surfaced terrace. Usable portions of the former walkway—such as the steps you see in the photograph—were kept intact. Railroad ties were added to keep the pebbles from scattering.

Although the old walkway was unattractive, it did function as a large drain—it was pitched to catch water from the slope above and was riddled with catch basins. With a paving of pebbles laid over the concrete, water can still drain from slope to gravel to drainage system. (Screens over the drain gratings keep the pebbles out.)

The photograph below at left is what you see from the main deck of the Weiss home: Large cobbles cascade down the slope and spread out behind a low retaining wall. What you don't see is a knee-high culvert that runs the length of the deck. The rock covering the top of it is simply a veneer, held up by the heavy-gauge expanded metal screen—that you can see in the photograph below.

So the decorative rock swale here is also a functioning one: It feeds runoff from the slope above into the hidden drainage trough. □

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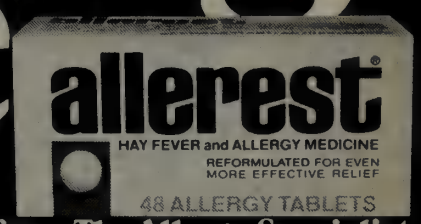

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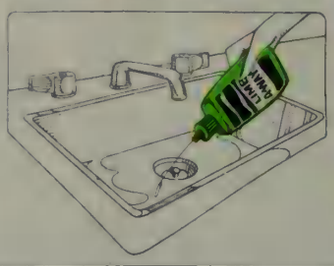

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JERRY FREDRICK

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In mild climates, plant seeds in August for bloom by Christmas and in September or October for spring bloom. Where winters are cold, either start seeds indoors in winter and plant out in the spring—or sow seeds early in the summer for color in late summer or fall. Cover seeds with ¼ inch of soil; thin seedlings to 12 inches.

You won't find *C.* Kablouna for sale in nurseries this year, but two mail-order companies offer seed: Geo. W. Park Seed Co., Greenwood, S.C. 29647, and J. L. Hudson, Seedsman, Box 1058, Redwood City, Calif. 94064. □

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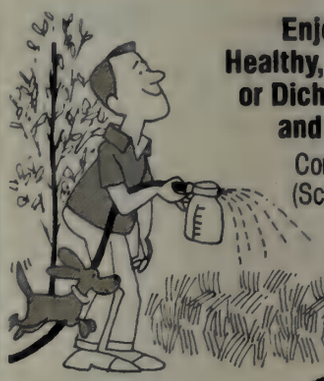

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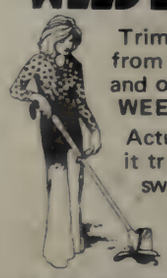

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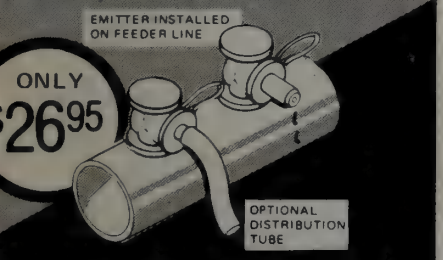

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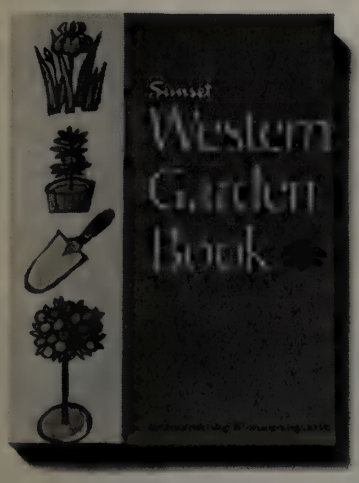

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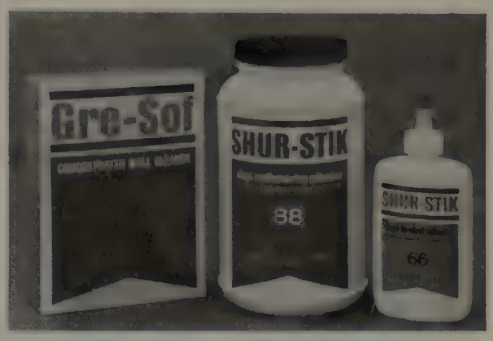

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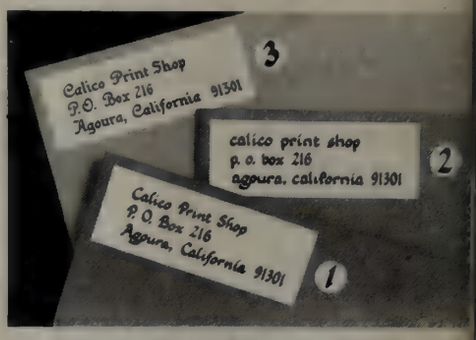

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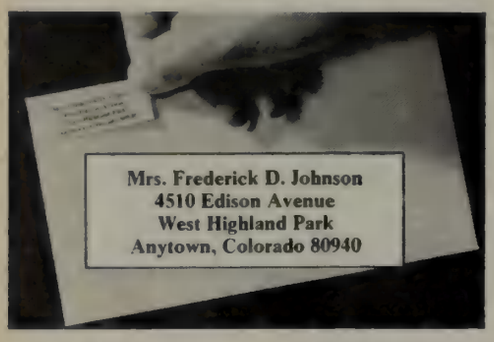

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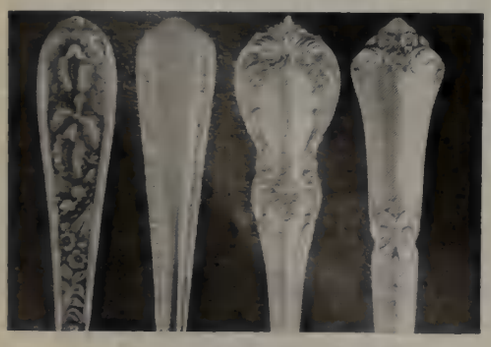

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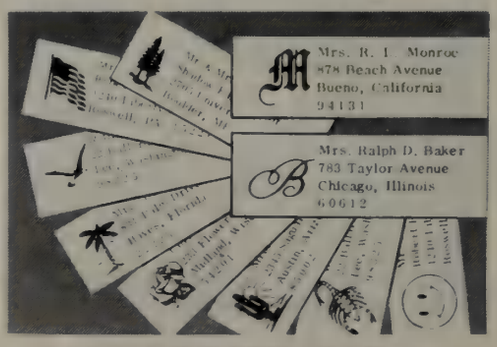

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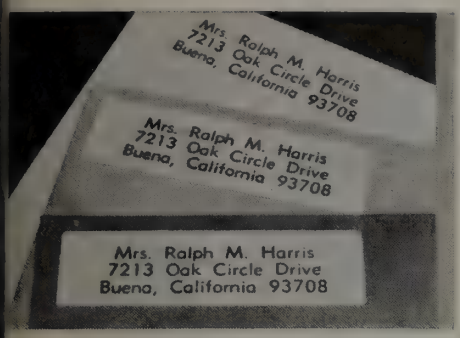

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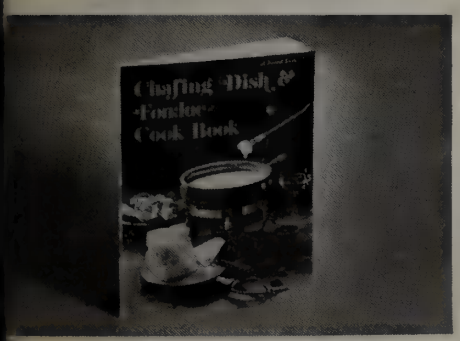

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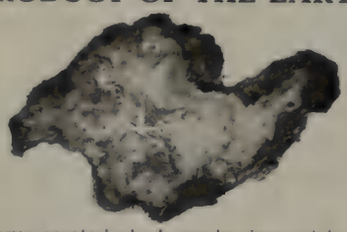

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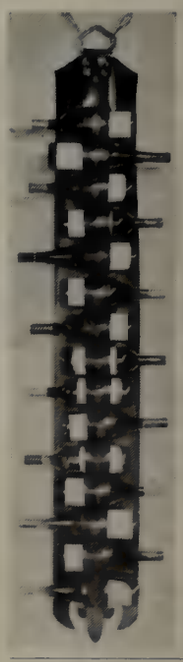

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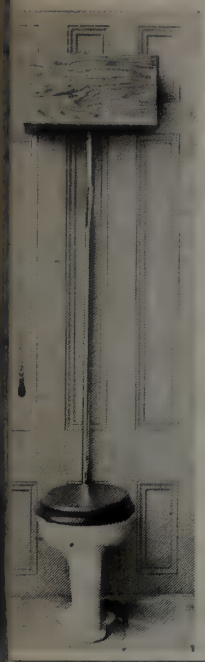

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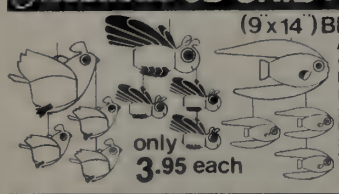

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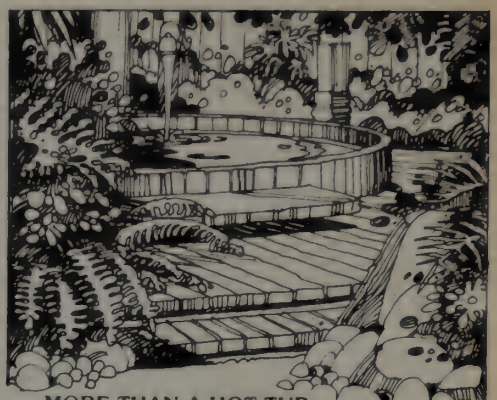

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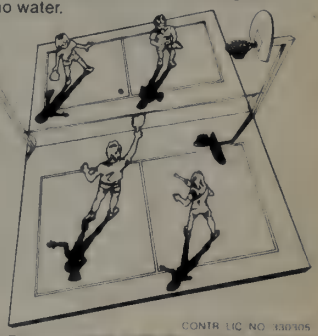

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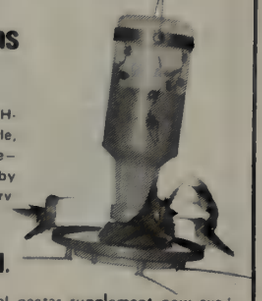

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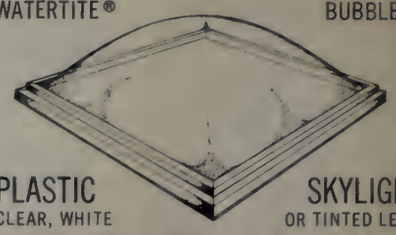

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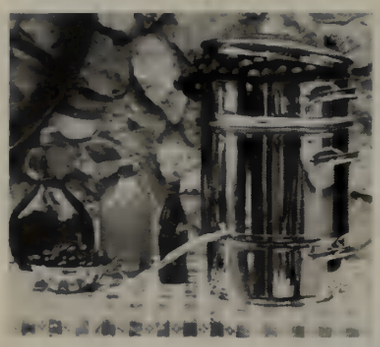

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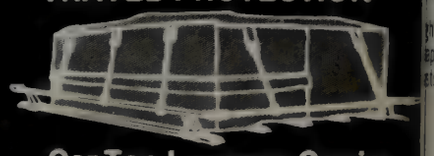

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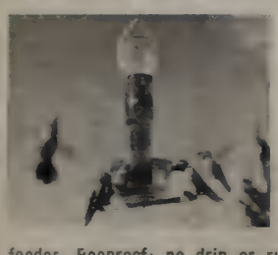

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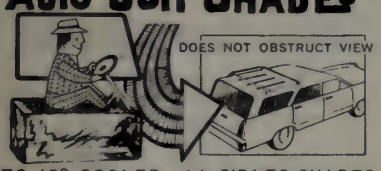

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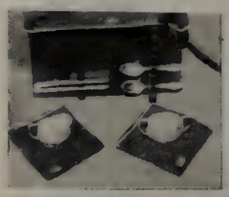

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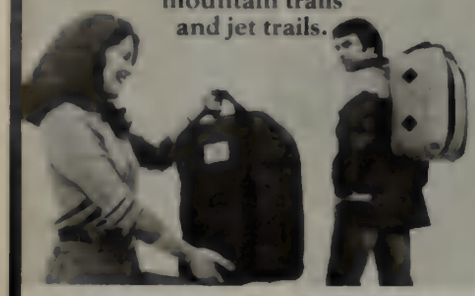

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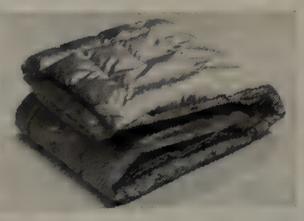

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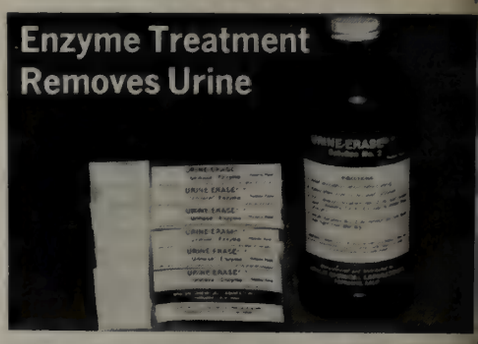

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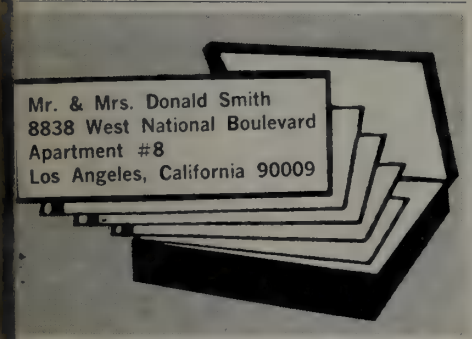

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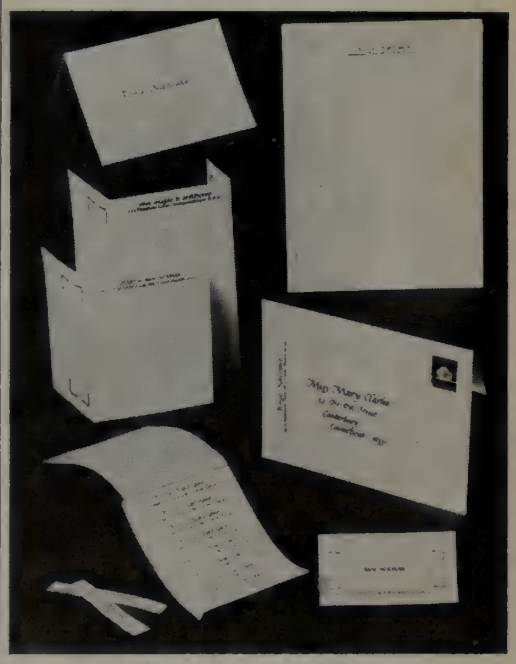

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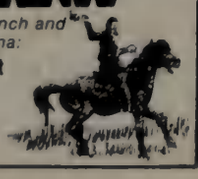

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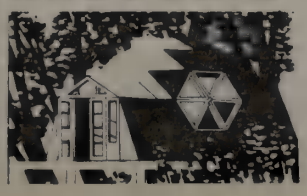

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LETTER FROM *Sunset*

Never a "diet," but in every issue help with good nutrition

Diets of all kinds—most often for weight loss, but more recently fo other health purposes—have been common fare in American magazine for decades. But in the food pages of *Sunset* you'll find a difference.

We have never published a special "diet" as such, and we have no plan to do so. We believe that diets responding to serious medical or weigh problems should be carefully tailored to individual needs, with profes sional consultation. The more extreme crash diets and fad diets may no accomplish anything beneficial, and they can be harmful.

But good, common-sense nutrition is something that *Sunset* has alway been concerned about as we try to provide adventure and discovery fo Western cooks, and dining pleasure for your family and guests. Th watchwords are moderation and good sense.

This echoes the attitude of many physicians, who increasingly seem t be giving general diet advice to healthy persons of all ages (althoug guidelines vary from person to person). The elements of their couns are generally few and simple:

Use moderation and variety when you plan your meals.

Use animal fats moderately to prevent cholesterol buildup.

Use sugar with care, and hold back on sugar-loaded prepared foods.

Follow the same moderation in the use of salt.

And perhaps consider additional fiber content for improved digestion.

Keeping guidelines such as these in mind is a continuing part of our jo as we research and test food articles. Our food editors are not just te cooks who write; they are also graduate home economists with trainin in food chemistry and nutrition. They keep abreast of food research an medical attitudes, and they contribute research of their own.

As a result, whether you're on a diet or not, you're sure to find usef and appealing options in almost every issue. Some are shopping di coveries: Our Western produce markets are treasure houses, due to long growing season and great variety; we also have unusual variety fish, meat, and dairy products. Some discoveries come in your kitche the low-fat, low-calorie, great-fun iced yogurt on this month's cover, fo instance. Other recent articles have discussed fish for breakfast, who grain breads, natural bran fiber, sour cottage sauce (a low-fat altern tive to sour cream), and the wide variety of protein-laden beans, pea and lentils.

What we're trying to do is offer many nutritious choices—along wi the daily pleasure of good eating.

WINDOW ON THE WEST: *Treasure house*

This midsummer produce array in a Los Angeles market is a common sight in much of the West. Living in the West, the nation's most diversified food-producing region, brings a year-round shopping advantage: wide selection, the freshest produce, somewhat lower prices, and a longer fresh-produce season. Southern California enjoys a special bounty: Produce from the Imperial and Central valleys flows to Los Angeles for shipping around the world, giving local shoppers an impressive selection. And the area contributes a rich variety of processed foods to the entire nation.